UNDERSTANDING GOUT
• What causes gout? Is gout related to diet or is it genetic?
• How is uric acid connected to gout attacks?
• Why does my body make too much uric acid?
• What are the potential long-term consequences of gout for me?
• Do I need to be tested for other conditions related to gout?

TREATMENT OPTIONS
• What are my gout treatment goals?
• How often do we need to check my uric acid levels?
• Do I need medication to lower my uric acid levels?
• What medications can I take for pain due to a gout attack?

ONGOING GOUT CARE
• How will you monitor my progress toward treatment goals?
• What happens when I reach my uric acid level target?
• What should I do when I have a sudden gout attack?
• Do I need to change my diet to manage my gout?

COPING WITH GOUT
• I’m doing everything I’m supposed to to manage my gout, but it’s not helping and it’s causing me anxiety. What else can you suggest?
• I feel like it’s my fault that I have gout, and I feel so alone. Are there any support groups you recommend?
• My family and friends don’t understand that gout isn’t just about diet. Do you have any resources I can share with them so they might be more supportive?

For more information about gout visit arthritis.org/gout

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