

Talk to your doctor about gout

(Crazy Foot Pain)

What is gout?

Gout is a type of arthritis. Arthritis is a common condition that causes swelling and pain in your joints.

- Gout is caused by having too much uric acid in your blood. Uric acid is a natural waste product that your body makes when you digest certain foods and drinks.
- When uric acid builds up, tiny crystals called urate crystals form.
- A common symptom of gout is **tophi**, which are rounded, swollen growths on your joints, such as your knuckles or ankles.



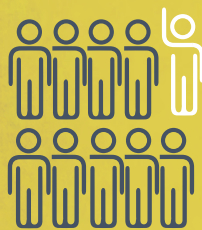
Gout is a chronic disease, meaning it does not have a cure and will usually last your whole life.

What is the connection between gout and kidney disease?

- Kidney disease can lead to gout, and gout may lead to kidney disease.
- If you have either condition, talk to your doctor about preventing the other.

How does gout affect the Hmong community in the United States?

Gout is more common in the Hmong community than in other groups.



1 out of 10 people with chronic kidney disease (CKD) has gout, and even more people with gout have kidney disease.

CKD means you have lasting damage to your kidneys that can get worse over time.



Hmong people with gout are more likely to have tophi than others.



Hmong people are more likely to have gout symptoms at a younger age.



Hmong people with gout have poorer kidney function than other groups.



Learn more about gout and kidney disease at KidneyFund.org/gout



Goutful.

Learn the truth about gout and kidney disease.

What are the signs and symptoms of gout?

The first gout attack may be in your big toe, but you can have gout in any of your joints. You may notice:



Pain



Redness



Stiffness



Swelling



Warmth

How does gout affect my health?

Having gout can lead to serious health problems over time if not treated, including:

- Tophi (clumps of urate crystals) on joints
- Long term joint damage
- Kidney stones (hard objects made of crystals and minerals that form in your kidneys)
- Kidney disease and kidney failure
- Chronic pain that affects your daily routine and mental health

How can I prevent or treat gout?

If you have both gout and kidney disease, here are ways to keep both conditions under control and improve your health:

- Drink at least eight, 8-ounce glasses of water every day. If your doctor has told you to drink less fluid due to kidney disease, ask them (or a dietitian) about managing your fluids and gout.
- Take your gout medicines exactly how your doctor tells you to.
- Cut out foods that are high in **purines**.
- Avoid sugary drinks like soda, sugary foods, and foods with high-fructose corn syrup.
- Avoid drinking alcohol, especially beer.
- Eat more fruits, vegetables, and whole grains. If you can't eat certain foods because of kidney disease, talk to your doctor or dietitian about what to eat for gout.
- Ask your doctor what a healthy weight is for you.
- Exercise at least 30 minutes a day, 5 days a week.



Medicines can:

- Help keep a healthy level of uric acid in your body, which can prevent gout attacks and health problems from gout.
- Treat pain and swelling during gout attacks.