

Goutful.

Uric acid and gout symptoms tracker

Gout is a type of arthritis that causes swelling and pain in your joints. When you have gout, your body either makes too much uric acid, or cannot get rid of it well enough. Too much uric acid can cause crystals to form in joints, kidneys and other parts of your body.

Kidney disease can lead to gout, and gout may lead to kidney disease.

If you have both gout and kidney disease, there are certain things you can do to keep both conditions under control and improve your general health.

- ☒ Keep a healthy blood pressure.
- ☒ Keep a healthy blood sugar level.
- ☒ Keep a healthy weight.
- ☒ Take your medicines exactly as prescribed by your doctor.
- ☒ Follow a diet low in purines, alcohol, and foods with high fructose corn syrup and high sugar content.
- ☒ Eat a healthy diet rich with fruits, vegetables, and whole grains. If you have diet restrictions because of kidney disease, talk to your doctor or dietitian about managing your diet with gout and kidney disease.
- ☒ Exercise at least 30 minutes a day, 5 days a week to stay physically fit.

Use this guide will help you track your gout flares as well as important tests related to gout and kidney disease. Bring this guide with you to your doctor visits so you can work together to figure out a gout treatment that makes sense for you.

Your exam tracker

	Goal (Talk with your doctor about your specific goals.)	Exam date:	Exam date:	Exam date:	Exam date:	Exam date:
sUA (Serum uric acid)						
uACR (Urine albumin-creatinine ratio)						
eGFR (Estimated glomerular filtration rate)						
Blood pressure						
Weight						
Other						

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

Your gout flare tracker

Date:

My gout flare lasted

days

I have gout in my:

Hand (Left | Right)

Ankle (Left | Right)

Knee (Left | Right)

Elbow (Left | Right)

Foot or toes (Left | Right)

Other: _____

My symptoms include:

Pain

Swelling

Redness

Stiffness

Feeling warm to the touch

Other: _____

I noticed a lump(s) on my _____.

Could this be from my gout?

How would you describe your symptoms?

How did your gout flare affect your daily life?

Gout and pain medications I'm taking:

Date:

My gout flare lasted

days

I have gout in my:

Hand (Left | Right)

Ankle (Left | Right)

Knee (Left | Right)

Elbow (Left | Right)

Foot or toes (Left | Right)

Other: _____

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Feeling warm to the touch

Other: _____

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Could this be from my gout?

How would you describe your symptoms?

How did your gout flare affect your daily life?

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