

LEARN ABOUT GOUT



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

What is Gout?

Gout is a type of arthritis that occurs when uric acid builds up in the blood and forms sharp crystals in the joints. This causes sudden, painful swelling that is most often in the big toe.

Who Can Get Gout?

- Anyone can get gout, even children, though it's rare
- It's more common in men over 40 and in women after menopause
- Your chance is higher if someone in your family had gout, if you are overweight, or if you have kidney problems.



Signs of Gout

- **Strong Joint Pain:** Gout often starts in the big toe, but it can also happen in the ankle, knee, elbow, wrist, or fingers. The worst pain usually occurs during the first 4 to 12 hours
- **Soreness After Pain:** Even after the worst pain goes away, the joint may still feel sore for a few days or even weeks
- **Swelling and Redness:** The joint can become big, warm, red, and very tender to touch
- **Hard to Move:** Over time the joint may not move as easily as before

How Doctors Find Gout

- Doctors look for symptoms and swollen joint
- A joint fluid test uses a needle to check for crystals in the joint
- A blood test checks uric acid levels
- An X-ray can rule-out other problems
- An ultrasound uses sound waves to look for crystals
- A DECT scan takes many X-ray pictures to see crystals in joints

How Can You Feel Better?

- Visit a doctor if your toe or another joint starts to hurt and becomes red or swollen
- Take the medicine prescribed by the doctor to help with the pain
- Drink lots of water and eat less meat, seafood, sugar, and alcohol
- Some people may need medicine every day to manage their gout