

Gout Patient Resource



Managing Your Gout: What You Need to Know!

Diet and lifestyle modifications can play a significant role in managing gout. Here are some tips to keep in mind:



Stay well-hydrated



Lose excess weight



Follow a healthy overall diet



Avoid foods that trigger gout attacks



Exercise



Quit smoking



Limit alcohol intake

RECOMMENDED DIET

Following a healthy diet can help keep your gout in check, control your weight, and provide all the necessary nutrients needed for maintaining good health. A variety of foods from the four main food groups should be eaten every day. This means eating plenty of fruits and vegetables; plenty of breads, other cereals, and potatoes; eating moderate amounts of meats, poultry, and fish; moderate amounts of dairy products; and avoiding processed foods and foods and beverages that contain high-fructose corn syrup. Avoiding high-purine foods which increase the amount of uric acid in the blood is also key to preventing gout attacks.

DIETARY RECOMMENDATIONS: WHAT TO CHOOSE, LIMIT, AND AVOID

Food Group	✓ Choose	⚠ Limit	⊘ Avoid
Breads, Cereals, Rice, and Pasta <i>(6-11 servings each day, serving size = 1 slice bread, 1 cup ready-to-eat cereal; ½ cup cooked cereal, rice, or pasta)</i>	All enriched breads, cereals, rice, noodles, pasta, and potatoes	Limit to 2 servings per week: whole-grain breads and cereals, wheat germ, bran, and oatmeal	High-fat breads like pancakes, French toast, biscuits, muffins, and French fries
Milk and Dairy Products <i>(2 servings each day, serving size = 1 cup milk or yogurt)</i>	Skim or low fat milk	—	Whole milk, cream, and sour cream
Meat, Poultry, Fish, Dried Beans, Peas, Eggs, and Cheese <i>(Total of 6 ounces per day, serving size = 2-3 ounces cooked, 1 egg, ½ cup cooked beans, 2 tablespoons peanut butter or 1 ounce of cheese as 1 ounce of meat)</i>	Beef, lamb, veal, pork, poultry, fish, eggs, peanut butter, nuts, and low-fat cheese	Limit to 2 servings per week: dried peas, and beans	Organ meats high in purine content (eg, sweet breads, liver, kidney), anchovies, sardines, herring, scallops, mackarel
Vegetables <i>(3 servings each day, serving size = 1 cup raw, ½ cup cooked or chopped)</i>	All	Limit to 2 servings per week: mushrooms, spinach, asparagus, cauliflower, and mushrooms	High fat preparations such as fried, au gratin, and cream sauces
Fruits <i>(2-4 servings each day, Serving size = 1 medium-size piece of fresh fruit, 1/2 cup canned fruit, 3/4 cup fruit juice)</i>	All fruit and juices	Avocados	—
Fats, Condiments, and Drinks	Herbs, spices, and condiments, water, coffee, tea, soups made with low fat milk, and vegetable-based broth	Limit to 3 teaspoons per day: butter, margarine, oils, and mayonnaise	Meat gravies, baker's and brewer's yeast, alcohol, and meat stock-based soups

Managing Your Gout: What You Need to Know! (cont.)

Treatments to Relieve Pain and Reduce Swelling in Acute Gout Flares and Lower Uric Acid Levels



Acute gout attacks are usually treated with moderately high doses of non-steroidal anti-inflammatory drugs (NSAIDs) such as diclofenac, naproxen, piroxicam, and sulindac. These drugs reduce pain and inflammation, and should take effect within 24 hours of starting therapy. You should not take aspirin for gout pain because it can raise your uric acid level. Colchicine is another drug that may be given to treat or prevent an acute attack. Colchicine is most effective when taken within the first 12 hours of an acute flare. Glucocorticosteroids, which can be taken orally or injected, are also effective in managing the pain and inflammation associated with an acute gout attack.

URIC ACID LOWERING MEDICATIONS FOR GOUT

A uric acid level of less than 6.0 mg/dL is recommended to prevent gout flares. Along with following a healthy diet, the following medications may help you reach your uric acid goal:

- Xanthine Oxidase Inhibitors, which include allopurinol and febuxostat, work by blocking uric acid production which may help to lower the uric acid level in your blood.
- Lesinurad is an oral medication that should be taken in combination with either allopurinol or febuxostat. Lesinurad is often given to patients who are unable to achieve recommended uric acid levels with either allopurinol or febuxostat.
- Pegloticase is a drug given by injection that is often used in advanced and difficult to control gout.
- Probenecid is an oral medication that increases the kidney's ability to remove uric acid from the body. You should not take probenecid if you have a history of kidney stones or renal impairment.

You can find more patient resources on gout as well as other disease states by visiting our Patient Resources page at

www.cmeoutfitters.com/patient-resources



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