

ROAR 2016

Reaching Out with Arthritis Research

PUBLIC FORUM

Better Control of Your Gout: What You Can Do Now!

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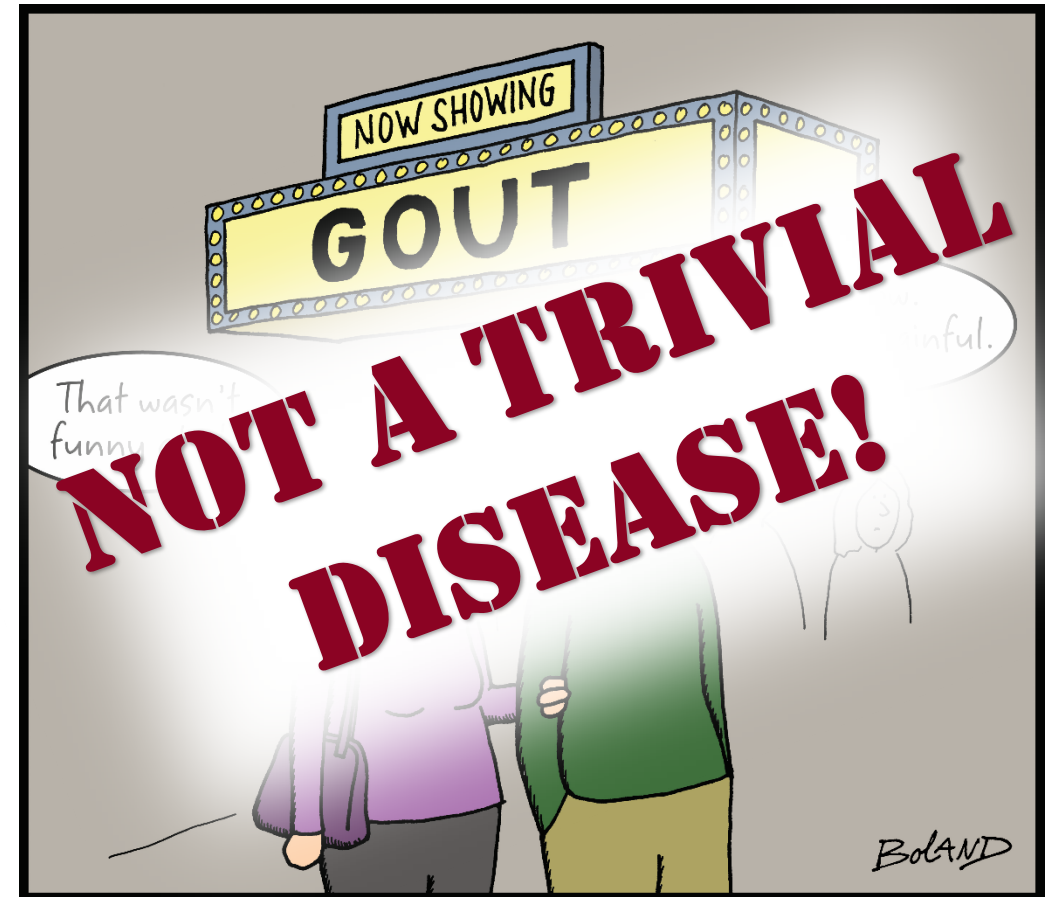
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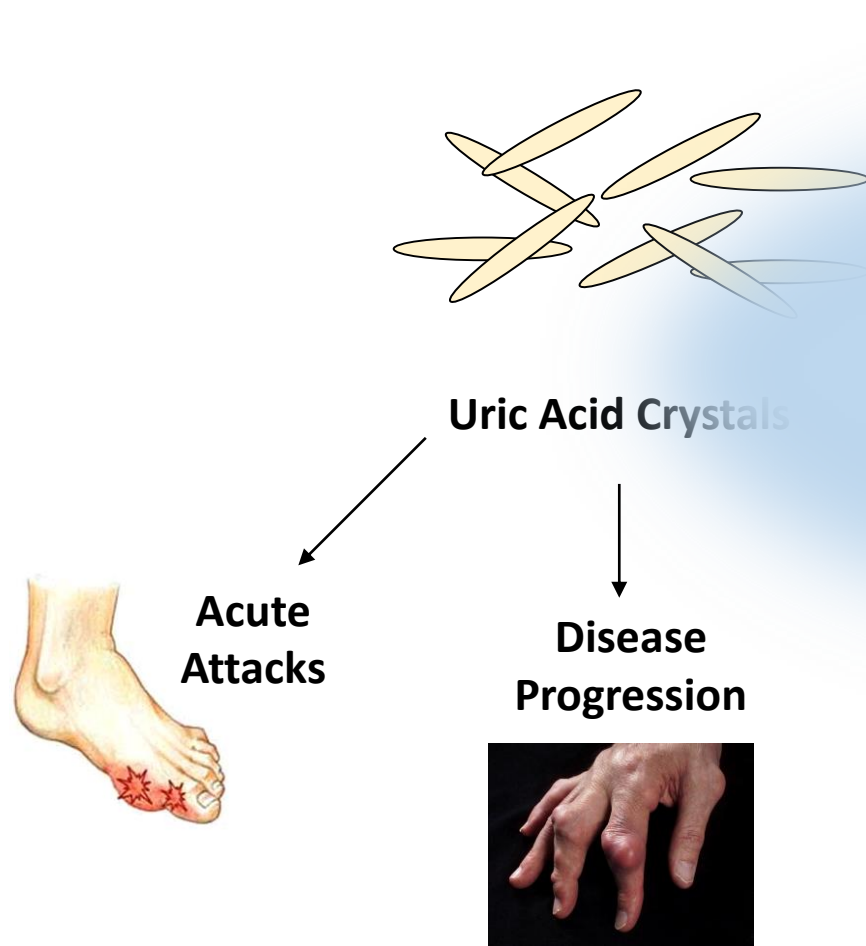
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What is gout?

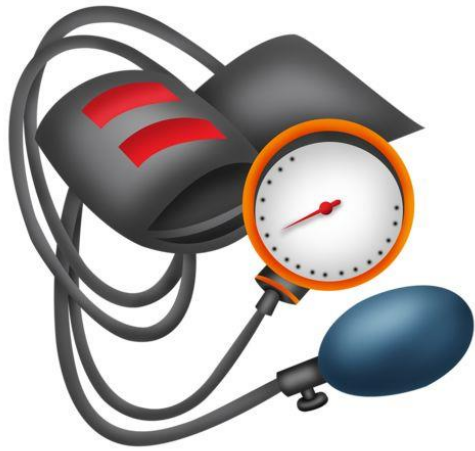
- Most common form of inflammatory arthritis worldwide
- Almost **4% of individuals in BC** have been diagnosed with gout
- Caused by a high level of **uric acid** (a chemical in the blood)
- Leads to sudden **painful attacks** and, if left untreated, permanent **joint damage**
- The hospitalization rate for gout has doubled over the past decade



What is gout?



Gout's Bad Friends



Hypertension



Cardiovascular
Disease



Obesity



Chronic Kidney Disease

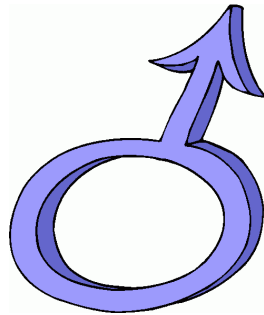


Diabetes

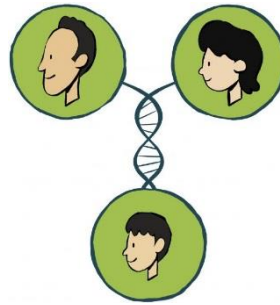
Risk Factors



Age



Male



Family history



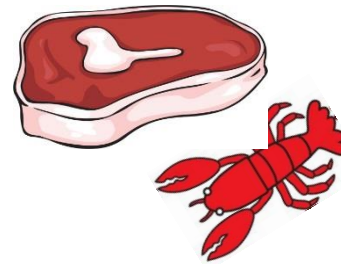
Obesity



Sugar-sweetened soda



Alcohol intake



Red meat and seafood



Diuretics

Treating Gout

Acute Flares



NSAIDs



Colchicine



Steroids

Long-Term Management



Urate-lowering therapy (ULT)



Allopurinol



Febuxostat



Probenecid

Management Challenges



Primarily treated by general practitioners



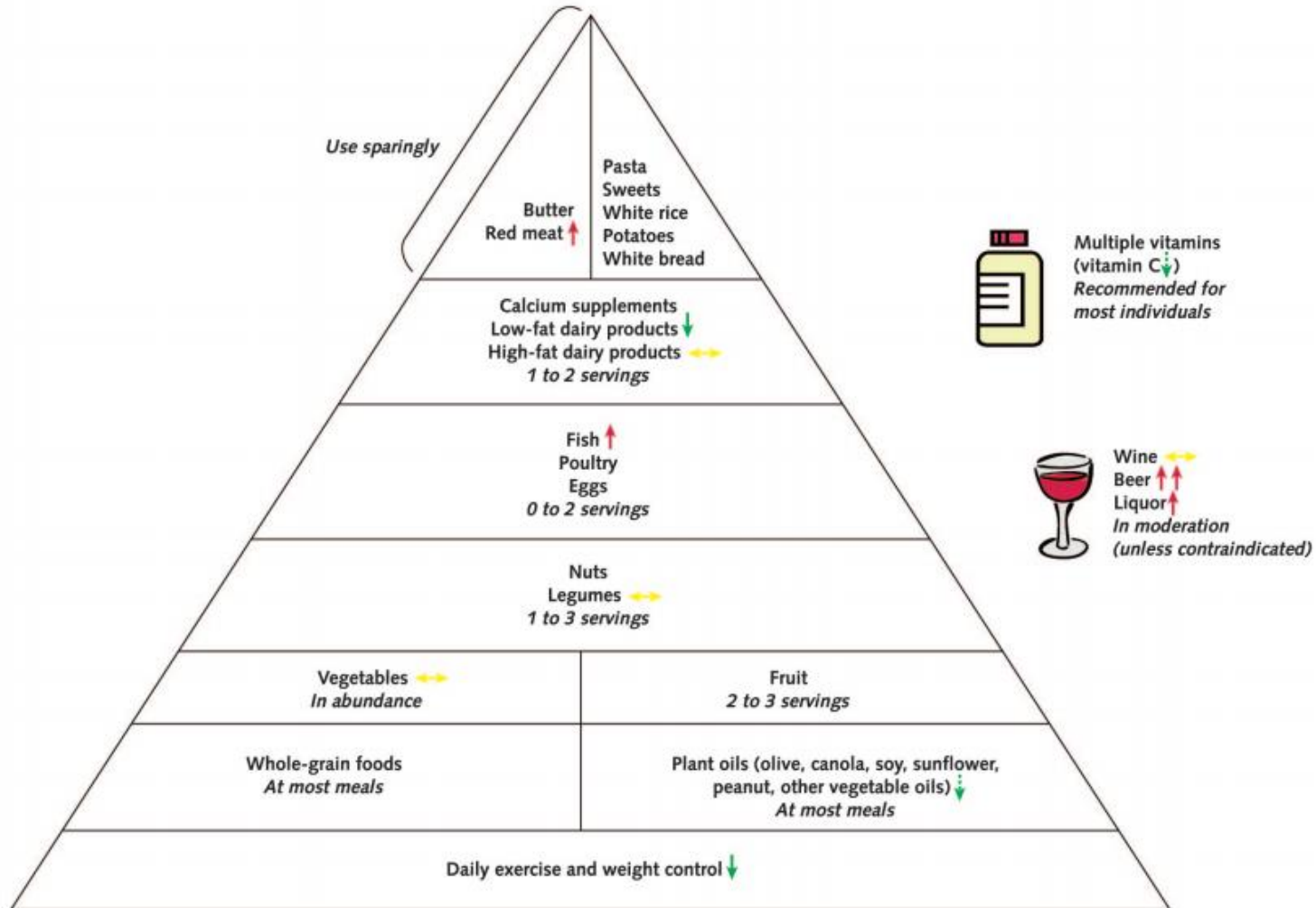
Approximately 1/5 of gout patients in BC are receiving ULT



As few as 10-46% of gout patients take their medications as prescribed – lose therapeutic benefit

= Recurrent attacks and disease progression

Dietary Influences on Gout Risk



DASH Diet



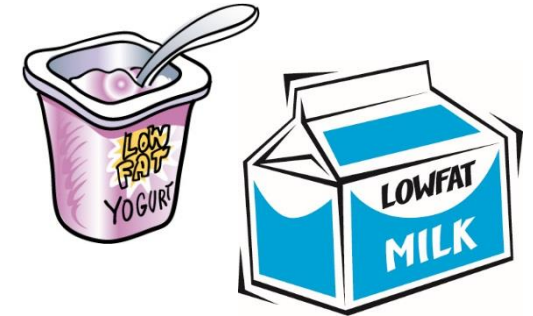
7-8 servings/day
Grains and grain products



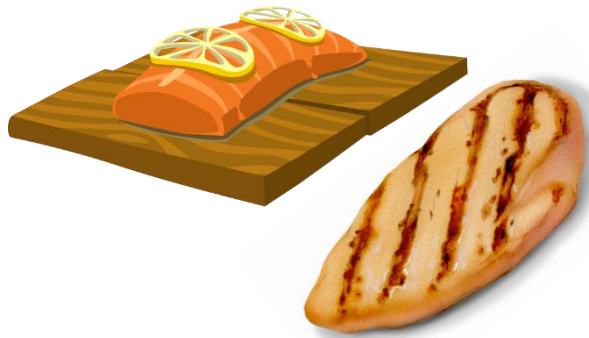
4-5 servings/day
Vegetables



4-5 servings/day
Fruits



2-3 servings/day
Low-fat or fat-free dairy foods



2 or fewer/day
Lean meats, poultry, and fish



4-5 servings/week
Nuts, seeds, and dry beans



2-3 servings/day
Fats and oils



5/week
Sweets

Summary: What can you do NOW?



Take your gout medications as prescribed



Get your uric acid level checked regularly



Eat a healthful diet



Exercise to maintain health body composition

More Gout Resources



ARC YouTube channel (<https://www.youtube.com/user/ArthritisResearch>)



Gout & Uric Acid Education Society (www.gouteducation.org)



DASH diet website (www.dashdiet.org)

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Thank you!

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