

## **Study finds first evidence the DASH diet will lower risk of gout**

*Conversely, Western dietary pattern associated with a higher risk of gout*

**May 11, 2017 (Vancouver, BC)** – A new study [published in the BMJ](#) by Arthritis Research Canada’s Sharan Rai, MSc, and Hyon Choi, MD, DrPH, has found strong evidence linking two dietary patterns and the risk of gout. Gout is the most common form of inflammatory arthritis and increasing amongst populations in Canada, the U.S. and the U.K.

The results of this study suggest that following an established diet known to treat hypertension (called the DASH diet) may also reduce the risk of developing gout in men. The authors prospectively analyzed 26 years of data and found a decreased risk of gout among those with a higher DASH diet score – which emphasizes increased consumption of fruits, vegetables and low-fat dairy products – while those following a more typical “Western” diet had an increased risk of gout.

“This is the first study of its kind investigating these two dietary patterns and the risk of gout. The DASH diet offers a comprehensive whole-diet approach to disease prevention and treatment by addressing the collective health benefit and enhancing the applicability and sustainability in practice”, explains Sharan Rai.

Patient input from Arthritis Research Canada’s Patient Advisory Board (APAB) was an important factor in developing the research questions investigated in this study. APAB also has a role in disseminating arthritis research by hosting an annual public forum called *Reaching Out with Arthritis Research (ROAR)*, at which Sharan Rai and Dr. Hyon Choi presented on gout and diet in 2016. A video of the presentation with more information can be found at <http://www.arthritisresearch.ca/videos/gout>.

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### **About ARTHRITIS RESEARCH CANADA:**

Arthritis Research Canada was created in 2000 in recognition of the tremendous potential that research can bring to arthritis treatment in Canada, and indeed, the world. Building a strong multi-disciplinary research team of outstanding medical doctors and research scientists, Arthritis Research Canada has facilities in British Columbia, Alberta and Quebec, dedicated to understanding, advancing and sharing knowledge about the causes of arthritis, and addressing issues that are impacting people with arthritis right now.

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