

Hear testimonials from others affected by Gout, go to: goutrevealed.com/stories





Scan the QR code to watch their amazing stories!



# National Kidney Foundation of Hawaii

The mission of the National Kidney
Foundation of Hawaii, a major voluntary
health organization, is to prevent kidney
disease and urinary tract diseases, to
improve the health and well-being of
individuals and families affected by
these diseases and to increase the
availability of all organs and tissue for
transplantation in Hawaii.

### Contact us to learn more!

National Kidney Foundation of Hawaii (808) 593-1515 programs@kidneyhi.org 1314 S. King St. #1555 Honolulu, HI 96814

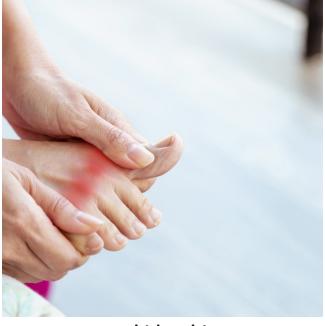
www.kidneyhi.org
Find us on Twitter, Instagram,
and Facebook!





of Hawaii





www.kidneyhi.org

#### What is Gout?

- Gout is a common, painful form of arthritis that happens when uric acid builds up in your body.
- Uric acid is produced during the breakdown of purines
- Gout can be treated and managed with medication and self-management strategies.



#### **Symptoms**

- Gout flares start suddenly and can last days or weeks.
- Long periods of remission—weeks, months, or years—without symptoms before another flare begins.
- Occurs in only one joint at a time.
- Affected joint(s) can experience intense pain, swelling, redness, heat.



#### Diet

- Drink a lot of water daily
- Drink coffee, low-fat milk and eat low-fat dairy products.
- Eat more citrus, cherries, and vegetable proteins
- Avoid beer/liquor, soda, organ meats, certain seafoods (shellfish, tuna, salmon and trout)



#### Be More Proactive

- Get more physically active
- Learn self-management skills
- Talk to your doctor





## Medications that reduce gout flares, lower uric acid, and relieve pain:

- Colchicine
- Probenecid
- Corticosteroids
- Nonsteroidal anti-inflammatory drugs
- Allopurinol and Febuxostat
- Pegloticase



