



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!

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NATIONAL KIDNEY FOUNDATION®

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Knock Out Gout 



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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

