

OUCH!

IS IT CHRONIC GOUT?

Understand, treat, manage and prevent the condition.



Gout is the most common type of arthritis and is caused by the build-up of uric acid crystals most often leading to painful inflammation in and around joints ^{1,4}



Have you had more than 1 gout attack in the past 12 months? ¹

If yes, speak to your Doctor or Pharmacist about the long term treatment for gout available from Aspen



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WHAT CAUSES GOUT?

Your body produces uric acid when it breaks down substances found naturally in your body called purines. Uric acid normally dissolves in your blood and passes through your kidneys into your urine. Sometimes your body either produces too much uric acid or your kidneys excrete too little uric acid. Uric acid can then build up and form urate crystals in a joint or surrounding tissue, causing pain, inflammation and swelling.^{2,5,6}

WHAT ARE THE SYMPTOMS OF GOUT?



GOUT

NORMAL

Gout usually begins with a sudden onset of pain, often at night.

The large joint at the base of the big toe is most often affected, but the instep of your foot, ankle, knee, wrist and elbow are also common sites.^{1,2,3,5}

The pain becomes progressively more severe, usually over a few hours, and is often excruciating. Swelling, warmth, redness, and exquisite tenderness may suggest infection. The overlying skin may become tense, warm, shiny, and red or purplish.^{2,3}

GOUT IS ASSOCIATED WITH:



Increased risk of cardiovascular disease (CVD)⁷



Diabetes mellitus⁸



Obesity⁸



Hypertension⁸

Have your SU levels tested!

SU levels should be monitored and maintained at less than 6 mg/dl (360 µmol/l)⁸

SU = serum urate

Visit
www.knowmygout.com
for more information



Brought to you by Aspen in the interests of patient education

The information provided is for educational purposes and does not replace the advice from your Doctor. For more information please speak to your Doctor or Pharmacist.

References: 1. Abhishek A, Roddy E, Doherty M. Gout – a guide for the general and acute physicians. Clin Med 2017;17(1):54-59. 2. Ryan LM. Gout. MSD Merck Manual Consumer Version. Available at URL: <https://www.msmanuals.com/home/bone,-joint,-and-muscle-disorders/gout-and-pseudogout/gout> Accessed 19 March 2018. 3. Ryan LM. Gout. MSD Merck Manual Professional Version. Available at URL: <https://www.msmanuals.com/professional/musculoskeletal-and-connective-tissue-disorders/crystal-induced-arthritis/gout> Accessed 19 March 2018. 4. Neogi T, Jansen TL, Dalbeth N, et al. 2015 Gout Classification Criteria. An American College of Rheumatology/European League Against Rheumatism Collaborative Initiative. Arthritis Rheumatol. 2015;67(10):2557-2568. 5. Mayo Clinic Staff. Gout. Symptoms and Causes. Available at URL: <https://www.mayoclinic.org/diseases-conditions/gout/symptoms-causes/syc-20372897> Accessed 19 March 2018. 6. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Gout. Available at URL: <https://www.niams.nih.gov/health-topics/gout> Accessed 19 March 2018. 7. Gupta MK, Singh JA. Cardiovascular Disease in Gout and the Protective Effect of Treatments Including Urate-Lowering Therapy. Drugs 2019;79:531-541. 8. Nuki G, Doherty M, Richette P. Current management of gout: practical messages from 2016 EULAR guidelines. Pol Arch Intern Med. 2017;127(4):267-277.

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