



## WHAT IS GOUT?

Gout is a very painful form of **arthritis** in which uric acid crystals form in a joint – usually the big toe. But it is treatable and controllable<sup>1,2,3</sup>.

## TWO MAIN TYPES

**1.**

### ACUTE

>2 ATTACKS  
IN LIFETIME,  
WITH PERIODS  
OF REMISSION<sup>5</sup>

**2.**

### CHRONIC

>2 ATTACKS  
A YEAR<sup>4</sup>

## SECONDARY TYPES

**TOPHACEOUS<sup>4</sup>**  
stone-like protrusions



**POLYARTICULAR<sup>4</sup>**  
occurs in several joints



## SYMPTOMS

Extreme pain in a joint –  
often at night<sup>6</sup>

Joint is swollen and warm<sup>1</sup>

Skin over the joint appear  
shiny and red<sup>6</sup>

Protrusion near joint<sup>4</sup>



## DURATION

Attacks peak  
within 24 hours<sup>1</sup>

Take up to 14 days  
to subside entirely<sup>1</sup>

More attacks are  
highly likely<sup>6</sup>

## INCREASED RISK

**Obesity<sup>9</sup>**

Genetics<sup>7</sup>

**Trauma<sup>8</sup>**

Surgery and medication<sup>8</sup>

**Men: age >30<sup>9</sup>**

**Women: postmenopausal<sup>9</sup>**

Gender (more common in men)<sup>9</sup>

**Chronic conditions<sup>3</sup>**



## TREATMENT AND PREVENTION



## MEDICATION<sup>3,5,9</sup>

**Non-steroidal anti-inflammatory drugs (NSAIDs)**

Corticosteroids: steroid injection, course of prednisolone

**Colchicine (over-the-counter anti-inflammatory)**

Urate-lowering therapy (ULT) for chronic attacks



## LIFESTYLE<sup>3,5</sup>

Less alcohol

**More water**

Exercise

**Avoid high-purine foods:**  
**Seafood – anchovies, sardines, herring, mussels, codfish, scallops, trout, haddock**  
**Meat – bacon, turkey, veal, venison, organ meat**

1 Hainer, B.L., et al. Diagnosis, Treatment, and Prevention of Gout. *Am Fam Physician*. 90, 12. 831-836. (2014)  
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3 Doherty, M. Gout: Why Is This Curable Disease So Seldom Cured? *Annals of The Rheumatic Diseases*. 71,11. (2012)  
4 Harris, M.D., et al. Gout and Hyperuricemia. *Am Fam Physician*. 59, 4. 925-934. (1999)  
5 CDC Staff. Gout. Available here: <https://www.cdc.gov/arthritis/basics/gout.html>  
6 NHS Staff. Symptoms of Gout. Available here: <https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/conditions/gout#symptoms-of-gout>  
7 Chhana, A., et al. Factors Influencing The Crystallization of Monosodium Urate: A Systematic Literature Review. *BMC Musculoskeletal Disorders*. 16, 205. (2015)  
8 Masseoud, D., et al. Overview of Hyperuricaemia and Gout. *Curr Pharm Des*. 11, 32:4117-4124. (2005)  
9 Fox, R. Management of Recurrent Gout. *BMJ*. 336,7639. (2008)

**Suspect you have gout?**

Contact your doctor or pharmacist as soon as possible.

Find out more at [www.knowpain.co.za](http://www.knowpain.co.za)

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