

Talk with your HEALTHCARE PROFESSIONAL

In the past year, I've experienced _____ gout flares (give specific number if possible).
I treated _____ of these flares myself (give specific number if possible).

My last gout flare was:

- A month ago or less
- Within the past 3 months
- Around 6 months ago
- In the past year
- More than 1 year ago

When I have a gout attack, the pain is in (check all that apply):

- My big toe
- My ankles
- My knees
- My instep
- My wrists
- My arms
- Other _____

Talk with your **HEALTHCARE PROFESSIONAL** *Continued*

This is what the pain feels like

(check all that apply):

- Stabbing, knife-like pain
- Throbbing pain
- Extreme pain with a fever
- Unbearable pain
- Mild, but bearable pain
- Other _____

When I have this pain, this is how it affects me

(check all that apply):

- My mood changes (grumpy, irritable)
- I'm able to move, but not easily
- I can't go to work
- I can't drive my car
- I can't move about
- Other _____

Talk with your **HEALTHCARE PROFESSIONAL** *Continued*

I've managed to cope in the past by
(check all that apply):

- Taking over-the-counter medicine
- Cancelling all my plans
- Grinning and bearing it
- Other _____