

Talking about gout with your healthcare professional

How I manage my gout

I currently use the following non-medical gout management strategies

(check all that apply):

- Relaxation/stress reduction
- Avoiding alcohol
- Modifying my diet
- Drinking more water
- Exercise
- None
- Other

In the past year, I have used the following medications for my gout

(check all that apply):

- NSAIDs *(over the counter pain/anti-inflammatory medications)*
- Corticosteroids
- Anti-gout agents *(i.e. Colchicine)*
- Urate-lowering therapy
- None
- Other

I am currently receiving treatment for the following medical conditions

(check all that apply):

- Kidney disease
- Hypertension
- Cardiovascular disease
- Diabetes
- Obesity
- Hyperlipidemia
- None
- Other

Describing my gout

In the past year, I have experienced

- 3 or fewer gout flares
- 4 to 6 gout flares
- 7 to 10 gout flares
- More than 10 gout flares

The average duration of my gout flare is

- 3 days or less
- 4 to 6 days
- 7 to 10 days
- More than 10 days

I feel my gout attack pain in
(check all that apply):

- My big toe
- My instep
- My ankle
- My knees
- My wrists
- My arms
- Other

My gout pain feels like
(check all that apply):

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

On a scale of 1 to 5 (with 5 as the worst), how severely do your gout attacks prevent you from your regular activities?

- 1
- 2
- 3
- 4
- 5

Questions for my healthcare professional

I would like to ask my healthcare professional the following questions

(check all that apply):

- What could be causing my gout attacks?
- What can I do to prevent future gout attacks?
- What should my uric acid level be?
- How can I lower my uric acid level?

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