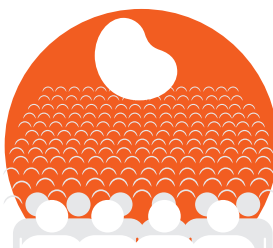


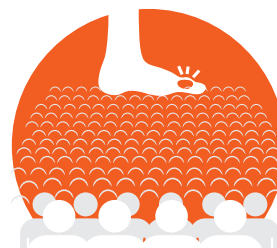
KIDNEY DISEASE AND GOUT



1 in 3 American adults
is at risk for kidney disease.



26 million American adults
have kidney disease,
and most don't know it. If not
treated early, kidney disease can
often lead to kidney failure.

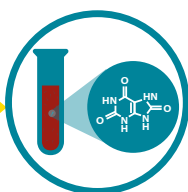


8.3 million American
adults have gout.
If not treated early, gout can
lead to joint damage that
doesn't get better.

THE KIDNEY, GOUT, AND URIC ACID CONNECTION



Kidney Disease

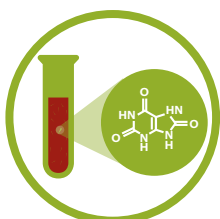


High Uric Acid



Gout

Kidney disease sometimes leads to high uric acid in the blood.
High uric acid may cause gout in some people.



High Uric Acid



Kidney Stones

High uric acid may also cause kidney stones in some people.



Gout



Kidney Disease

If you have gout, you should be checked for kidney disease.



GET CHECKED

If you have these symptoms, you should get
checked for gout by your healthcare professional:

Joints that are swollen, tender,
warm, or red.



Gout usually occurs in
the large joint of your big toe,
but it can also occur in your
feet, ankles, knees, wrists,
and hands.

Symptoms are important to
know because some people
have gout even if their uric
acid level is normal.



KIDNEY DISEASE AND GOUT



TOPICS TO DISCUSS WITH YOUR HEALTHCARE PROFESSIONAL

If you have kidney disease and/or gout:

60

Your Kidney Score

2 simple tests: a blood test for kidney function called GFR; and a urine test for kidney damage called ACR.



Drugs you may need

to prevent gout flares and to help kidney disease from getting worse.



The **uric acid level** in your blood and what level is good for you.



The **safety of any drugs** or supplements you take.



The **right diet** to help prevent gout flares and to help kidney disease from getting worse.

If your uric acid level is high:

Ask why you have a high level. You need to know because:



High uric acid may mean you need to get **checked for other health problems.**



A higher uric acid level may be okay for you. Most people with high uric acid don't get gout or kidney stones.

SOME THINGS YOU CAN DO TO REDUCE YOUR RISK FOR KIDNEY DISEASE AND GOUT:



Stay well hydrated, but limit fluids if you are on a fluid restriction. Speak with your healthcare professional about what is right for you.



Eat a lot of fruits and vegetables.

If you need to limit potassium in your diet, check with a registered dietitian on what portions are right for you.



Limit protein from animals, especially organ meats, red meat, and shellfish.



Avoid drinks and foods high in sugar, especially high fructose corn syrup.



Get physical activity and stay at a healthy weight.



Limit salt intake if you have high blood pressure.



Take control of your blood sugar if you have diabetes.



Avoid non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen and naproxen, and use acetaminophen at recommended doses instead.



Limit alcohol use.



Don't smoke.



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