Kidney disease is common among adults, affecting 1 in 3 American adults. Gout affects 8.3 million American adults, and 26 million have kidney disease, with most not knowing it. If untreated, kidney disease and gout can lead to joint damage that doesn’t get better and can progress to kidney failure. High uric acid, often linked to gout, can also cause kidney stones. If you have gout, you should be checked for kidney disease. If you have symptoms, get checked for gout by your healthcare professional. Joints that are swollen, tender, warm, or red are indicative. Gout usually occurs in the large joint of your big toe but can also affect small joints like the feet, ankles, wrists, and hands. Symptoms are important to know because some people have gout even if uric acid levels are normal. If you have gout, you should be checked for kidney disease.
KIDNEY DISEASE AND GOUT

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

If you have kidney disease and/or gout:

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.

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.

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.

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