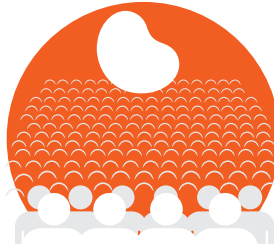


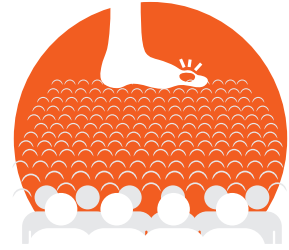
KIDNEY DISEASE AND GOUT



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

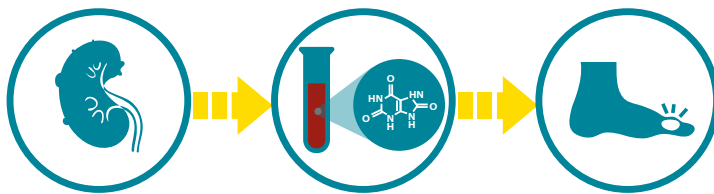


26 million American adults have kidney disease, and most don't know it. If not treated early, kidney disease can often lead to kidney failure.



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

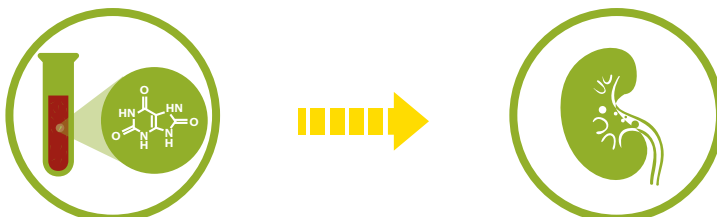


Kidney Disease

High Uric Acid

Gout

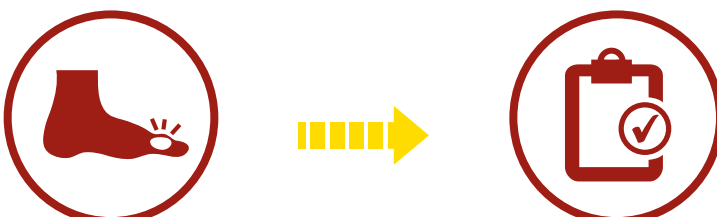
Kidney disease sometimes leads to high uric acid in the blood. High uric acid may cause gout in some people.



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.



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



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



Drugs you may need

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



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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