

SPEAK OUT ABOUT

GOUT

FOR  
HEALTH  
CARE  
PROVIDERS



Prioritizing better communication with patients could improve gout care. Changing the way you talk to your patients about gout could make a difference in how they manage their symptoms and help foster more open, honest communication with you.

## Tips to Optimize Your Patient Interactions:

### EMPATHIZE



- Ask patients at every visit if they've had any recent gout attacks. Some patients only report severe attacks, not smaller ones.
- **Empathize** with them about how painful and disruptive gout attacks can be.
- Recognize the **challenges of making diet and nutrition changes**, such as reducing purines in the diet or accessing healthier food options. Refer them to online resources from trusted sources, such as a registered dietician or the Arthritis Foundation.

### EDUCATE



- **Educate patients** about the causes and effects of gout on the body, including its long-term consequences if unmanaged and potential comorbidities.
- Explain uric acid levels and ensure patients understand how it is measured, what it means and what **the goal is for reducing uric acid levels**.
- Discuss the **genetic risk factors** for gout to alleviate their guilt and defensiveness about diet.
- Be clear about **the role of diet in gout management** and explain that diet may help control attacks but may not be enough to lower uric acid levels on its own.

### EMPOWER



- Encourage patients to **keep a log to record** gout symptoms and flares.
- Discuss specific **gout treatment goals** (for example, reduced number of attacks and specific target uric acid level) in simple language patients can understand.
- Outline a **treatment plan** for patients to follow, providing a list of daily and acute medications with dosages and actions they can take as soon as a flare starts.
- Reassure patients that they are the expert of their body.
- Let them know how often they will be assessed and that, together, you can track their progress toward reaching their treatment goals.

For more information about gout visit [arthritis.org/gout](https://www.arthritis.org/gout)