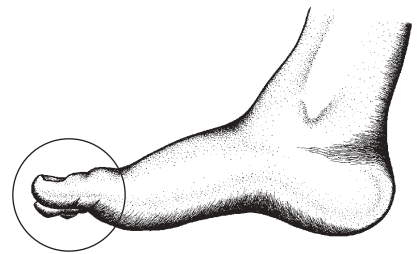


Gout is one of the oldest diseases known to man. It occurs when there is too much of a substance called “uric acid” in the blood, tissues and urine. A person with gout experiences sudden and severe pain and tenderness, as well as redness, heat and swelling in a joint.

Do You Have Gout?

- The most common site for gout is in the big toe but it also affects other joints such as the knees, ankles, feet, hands, fingers, wrists and elbows.
- The pain of gout may be so severe that even the weight of a bed sheet on the affected joint is unbearable.
- Nearly 2.1 million Americans have gout, and more than 80% of them are men.
- The onset of gout can occur at any age but it usually appears in men between the ages of 40 and 50.
- Obesity is a clear risk factor for gout.
- To diagnose gout, your doctor will take a blood test to measure uric acid.
- When extremely high levels of uric acid exist, there is a greater risk for developing kidney stones.
- Treatment includes both changes in diet and drug therapy.
- If you have symptoms of gout, see your doctor for evaluation and treatment.



For important information about gout, diet and drug treatment...
ask your pharmacist!