

# Your Gout Results



Gout is a type of joint pain caused by high levels of uric acid crystals (also known as urate) around a joint. People with high levels of urate and gout are more at risk of cardiovascular disease (heart attack and strokes) and of developing type 2 diabetes.

More information can be found [www.versusarthritis.org/about-arthritis/conditions/gout/](http://www.versusarthritis.org/about-arthritis/conditions/gout/).

This leaflet helps you to know what your results mean, and your options to reduce your chances of health problems.

## Reducing the risk of pain and discomfort:

This is caused by the build up of urate in your joints which causes swelling and pain. You can reduce the build up of urate in your blood by:

Lose weight if you need to

Eat less foods containing urate e.g. red meat, seafood

Drink less beer, spirits and sugary drinks

Medication

## Reducing your cardiovascular risk:

People with gout are at higher risk of cardiovascular disease. One way to know this is to ask about your cardiovascular risk score. You can reduce your risk by:

Cholesterol levels in your blood

Smoking

Blood Pressure

Weight

## Reducing your risk of type 2 diabetes: HbA1c:

Diabetes is more common in people with gout. Glucose (sugar) travels around your body in your blood. A blood test called HbA1c can measure the levels in your blood over the last 8-10 weeks.

**Best levels:** A level above 42 means you are at risk of developing diabetes in the future. A level over 48 means that you may have diabetes.

31	36	42	44	48	69	73	80 or more
Mmol/mol							

*You can reduce your risk of developing diabetes by:*

Eating less saturated fat

A healthy diet

Being more active

If needed losing weight

## Smoking:

Smoking increases the work the heart has to do and reduces the amount of oxygen in the blood. Giving up smoking can help protect your heart and lungs. If you are a smoker stopping smoking has huge benefits. It is never too late to quit.

Non-smoker

Passive (breathing other people's smoke) or ex-smoker

Smoker

*You can get support to stop smoking from:*

Your general practice

Stop smoking advisors

Support groups

Medication

## Blood Pressure (BP):

Blood pressure is the pressure of blood that flows through your blood vessels. It increases your risk of heart attacks, kidney disease and strokes.

**Best levels:** You should aim for your blood pressure to be below 140/90.

$\frac{125}{75}$	$\frac{130}{78}$	$\frac{136}{78}$	$\frac{140}{90}$	$\frac{145}{95}$	$\frac{150}{100}$	$\frac{155}{105}$	$\frac{180}{110}$ or above
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*You can help reduce your blood pressure by:*

Drinking less alcohol

Eating less salt

Taking medication

Being more active

Eating fruit and veg

Losing weight

## Cholesterol:

Cholesterol is a blood fat that can block blood vessels. Lowering your total cholesterol can reduce your risk of heart attacks and strokes.

**Safest levels:** Total cholesterol Aim for 5 or less.

Lower risk									Higher risk
3.5	4.0	4.2	4.5	5.0	5.2	5.5	6.1	6.5	7.0

*You can help reduce your total cholesterol by:*

Taking medication

Eating smaller portions

Losing weight

Eating less fat (especially saturated fat)

Being more active

Eating more fruit and veg

## Weight:

If you are overweight you are more likely to develop cardiovascular disease and type 2 diabetes. Weight is measured as a Body Mass Index (BMI). You can work out your own BMI [www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults](http://www.nhs.uk/health-assessment-tools/calculate-your-body-mass-index/calculate-bmi-for-adults)

Healthy weight									Less healthy weight
19		25		30					35 and above

*You can help to lower your weight by:*

Having less alcohol

Having less sugar

Attending support sessions

Being active

Eating smaller portions

Taking medication

Eating less fat