

Gout: Attack and Trigger Answer Sheet

The 5 signs of a gout attack, the 4 triggers that raise uric acid, and what to do next.

✓ **Verified against published guidance** from Mayo Clinic, NIAMS (NIH) & Cleveland Clinic - sources below

Call your doctor for sudden, intense pain in a joint. Untreated gout can damage the joint over time.



Do This

Run the 5-Sign Check

- Sudden pain, usually at night
- Worst pain within 8 to 12 hours
- Big toe first, then other joints

COACH'S TIP No injury and it still hurts? That is the tell.

Log the Attack While It Is Fresh

- Which joint and what hour
- How long the worst pain lasted
- What you ate and drank first

COACH'S TIP The log is what the doctor needs.

Ask for a Uric Acid Test

- High uric acid supports the picture
- Bring your full medicine list
- Ask how gout is confirmed for you

COACH'S TIP A number alone does not prove gout.

Cut Beer and Sweet Soda First

- Alcohol, mainly beer, raises risk
- Both are free to drop
- Fructose-sweetened drinks raise it too

COACH'S TIP The two fastest levers on the list.

Drink More Water

- Fluid helps clear uric acid
- Pair it with a lower purine diet
- Cleveland lists it as a routine change

COACH'S TIP Not a cure. Still worth doing.

Treat It After the First Flare

- Untreated flares get more frequent
- Ask about long-term options
- They also last longer over time

COACH'S TIP Feeling better is not being done.



Do Not

Do Not Assume You Sprained It

- Gout arrives with no injury
- It peaks unusually fast
- It often starts overnight

COACH'S TIP A sprain has a story. Gout does not.

Do Not Stop a Prescribed Medicine

- Low dose aspirin can raise uric acid
- So can ACE inhibitors
- So can thiazide diuretics

COACH'S TIP Ask the prescriber. Never self-stop.

Do Not Rely on Diet Alone

- Diet moves the number
- Medicine may still be needed
- Often not far enough by itself

COACH'S TIP One food is never the whole fix.

Do Not Call It a Rich Man's Disease

- Gout can affect anyone
- So do blood pressure and diabetes
- Weight and kidney function matter

COACH'S TIP Diet is one input among several.

Do Not Wait Out a First Attack

- Prescription options shorten a flare
- Rest the joint while you wait
- Joint damage builds over time

COACH'S TIP Call, especially the first time.

Do Not Ignore the Quiet Stretch

- Flares last a week or two
- The uric acid stays high
- Then symptoms usually vanish

COACH'S TIP No pain does not mean no gout.

THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

1 in 5 people have hyperuricemia, the high uric acid level behind gout

8 to 12 hrs when gout pain is likely to be at its worst

1 to 2 weeks how long a typical gout flare lasts before it settles