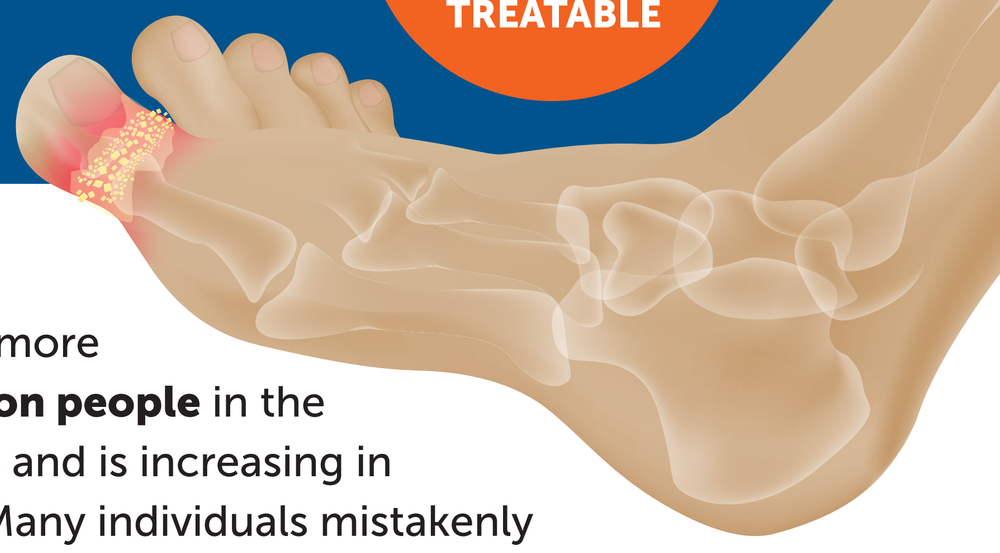
GOUT IN THE FOOT

PAIN YOU DON'T HAVE TO LIVE WITH

It's More Common Than You Think— **AND TREATABLE**



WHAT IS GOUT?

Gout is a form of inflammatory arthritis caused by elevated uric acid levels in the blood. This leads to the formation of sharp crystals in joints, triggering sudden and intense pain.

It most commonly affects the big toe, but can also involve the midfoot, ankle, knee, and other joints.

- **UNDERSTAND THE SYMPTOMS**
- **GET THE RIGHT DIAGNOSIS**
- **FIND LASTING RELIEF**

KEY FACT:

Gout affects more than **12 million people** in the United States and is increasing in prevalence. Many individuals mistakenly believe their symptoms are just part of aging.

COMMON RISK FACTORS

- Obesity
- High blood pressure, diabetes, or kidney disease
- Diet high in red meat, seafood, or alcohol
- Family history
- Certain medications

RECOGNIZING GOUT SYMPTOMS

- Sudden, severe joint pain (often at night)
- Red, swollen, warm, extremely tender joint
- Even light pressure (like a bedsheet) can be painful
- Pain peaks within 12–24 hours
- Episodes may last days to weeks
- Recurrent attacks if untreated

GOUT IS OFTEN MISDIAGNOSED AS:

- Infection (cellulitis)
- Sprain or injury
- Bunions or osteoarthritis
- "Just getting older"

WHY THIS MATTERS

EARLY DIAGNOSIS = faster relief and better long-term outcomes

Misdiagnosis delays proper treatment, leading to repeated attacks, potential joint damage, and other serious health conditions like heart failure, heart attack, stroke, kidney disease and kidney failure.

EFFECTIVE TREATMENT IS AVAILABLE

DURING ACUTE FLARES

- Anti-inflammatory medications
- Colchicine
- Corticosteroids

LONG-TERM CONTROL:

- Daily urate-lowering medications
- Prevents future attacks and joint damage

OPTIONS FOR ADVANCED OR HARD-TO-TREAT GOUT:

- Infusion therapies are available for some patients with severe gout that has not responded to standard treatment
- These therapies can help lower uric acid levels and reduce painful tophi and joint damage
- Even long-standing gout can often be treated effectively

LIFESTYLE SUPPORT:

- Stay hydrated
- Maintain a healthy weight
- Limit alcohol and high-purine foods
- Wear supportive footwear

TEAM-BASED CARE GETS THE BEST RESULTS

Managing gout often requires collaboration:

- **PODIATRIST**
  Foot pain,diagnosis, and local care
- **PRIMARY CARE PROVIDER**
  Overall health and chronic disease management
- **RHEUMATOLOGIST**
  Complex or persistent gout cases

Coordinated care leads to better outcomes and fewer flare-ups.

A REAL PATIENT'S STORY

For over a year, he experienced sudden, burning pain in his big toe that made walking difficult. Multiple urgent care visits resulted in a diagnosis of infection—but antibiotics never helped.

Finally, he saw a podiatrist who recognized the classic signs of gout. Testing confirmed elevated uric acid levels.

With the right treatment plan—including medication, lifestyle changes, and proper foot care—his symptoms have nearly disappeared.

Today, he's back to walking daily without fear of flare-ups.

"I THOUGHT THE PAIN IN MY FEET WAS JUST PART OF GETTING OLDER."

— Mr. R., age 62

TAKEAWAY:

Don't assume foot pain is normal aging. The right diagnosis can change everything.

TAKE ACTION

If you have foot pain, swelling, or repeated "flare-ups," don't ignore it. **Talk to your podiatrist or healthcare provider about gout.**

EARLY TREATMENT CAN:

- Stop painful attacks
- Prevent joint damage
- Improve your quality of life

You don't have to live with gout pain.
HELP IS AVAILABLE.

LEARN MORE FROM TRUSTED SOURCES:

- **American Podiatric Medical Association (APMA)**
  www.apma.org/gout | www.apma.org/findapodiatrist
- **American College of Rheumatology (ACR)**
  rheumatology.org/patients/gout
- **Arthritis Foundation**
  arthritis.org/gout
- **Gout Education Society**
  www.gouteducation.org

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