

# Gout & Mental Health

Gout is a form of inflammatory arthritis that causes excruciating pain. The pain and stigma associated with the disease can leave patients feeling isolated, taking a toll on their mental health.



## Proactive vs. Reactive Gout Management

Managing one's mental health starts with proactively managing the disease itself.

According to a recent study, conversations in gout-specific social media groups about proactive management included more positive emotions such as joy and trust, while conversations about reactive management included more negative feelings such as stress, anxiety and depression.<sup>1</sup>

### Proactive



- Visiting a rheumatologist regularly & tracking uric acid levels



- Treatment adherence to physician-prescribed medication



- Educating yourself with scientifically backed resources

### Reactive

- Only visiting the doctor during a flare

- Using medication only during a flare

- Relying only on supplements to treat gout flares

1. "Real-World Evidence on Social Media Provides Insights Into Patient Mental Health Outcomes in the Management of Gout." *Trend Community*, 21 Nov. 2022

## What can you do?



### Visit the doctor.

There is no cure for gout, but it can be successfully managed.



### Meet with a mental health professional.

Make an appointment and be honest about how you are feeling.



### Find a supportive community.

You are not alone. Join a support group to meet others with similar experiences.

## Mental Health Resources

- ✓ **988 Suicide & Crisis Lifeline:** Provides 24/7 free and confidential support for those in a crisis.

- ✓ **FindTreatment.gov:** Confidential resource for those seeking treatment for mental health and substance use disorders.



**GOUT SUPPORT GROUP  
of America**

*If It's Over 6, You Need A Fix*