

The Gout & Kidney Disease Connection

Kidney disease can lead to gout and vice versa.



Around 1 in 10 people with chronic kidney disease also have gout.

American Kidney Fund



Having gout increases your risk of advanced chronic kidney disease by 30%.

Healio Rheumatology, 2019

The interactions between gout and kidney disease create a cycle that worsens both conditions.

Gout can cause excess uric acid in the blood which can **form urate crystals that damage the kidneys.**

Kidney disease causes the kidneys to be less effective in filtering waste such as uric acid. **The buildup of uric acid can lead to gout.**

Managing gout and kidney disease requires a proactive approach.



Regular monitoring of uric acid levels enables early detection and prevention.



Medications to lower uric acid levels can be effective in managing gout. Patients with kidney disease should talk to their doctor about medications that are safe for gout and kidney disease.



Lifestyle adjustments, such as maintaining a healthy weight and staying hydrated, can also play a role in management.

Discussing symptoms and treatment options with your doctor for both gout and kidney disease is essential to improving health outcomes.



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