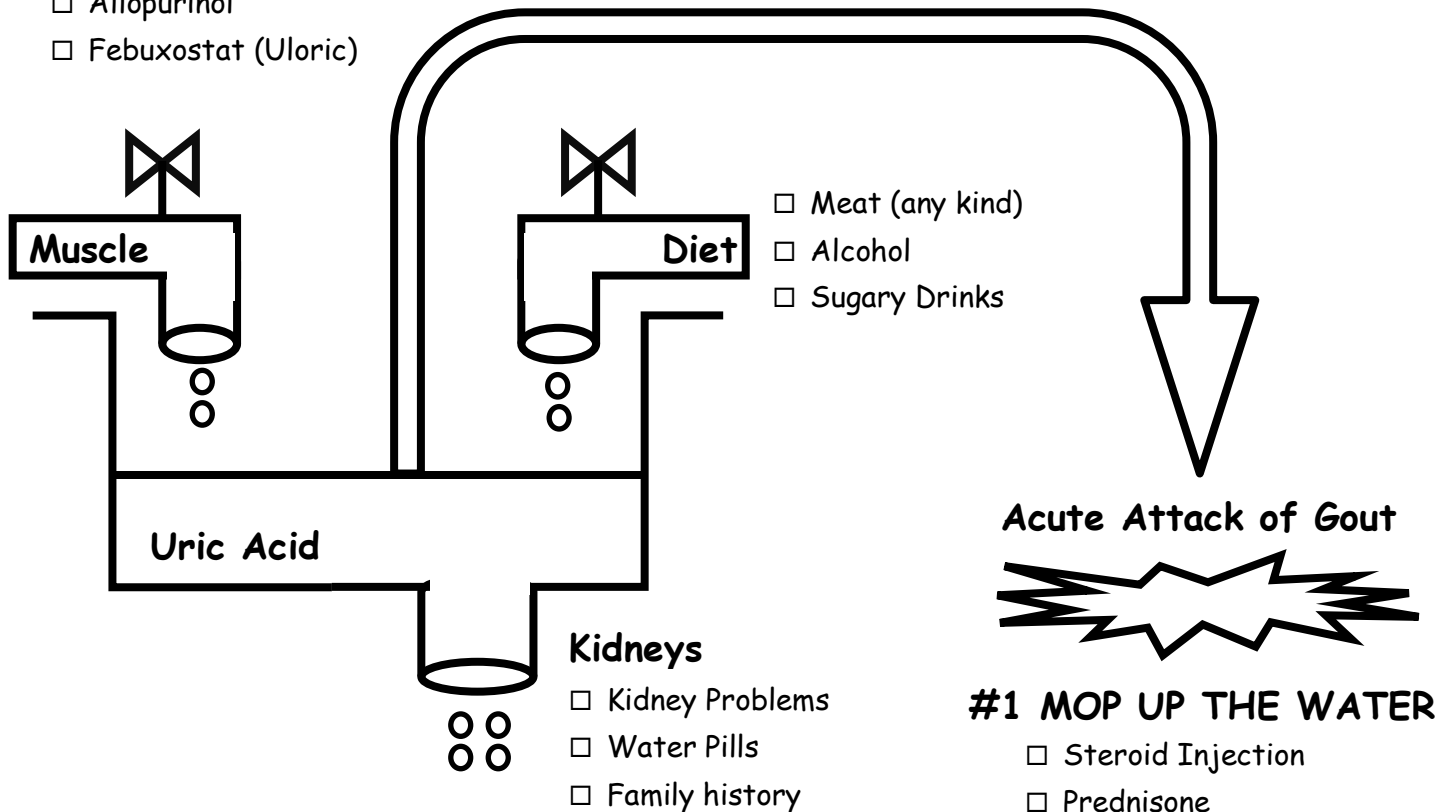


#2 TURN OFF THE TAP (Urate Lowering Therapy)

- Allopurinol
- Febuxostat (Uloric)

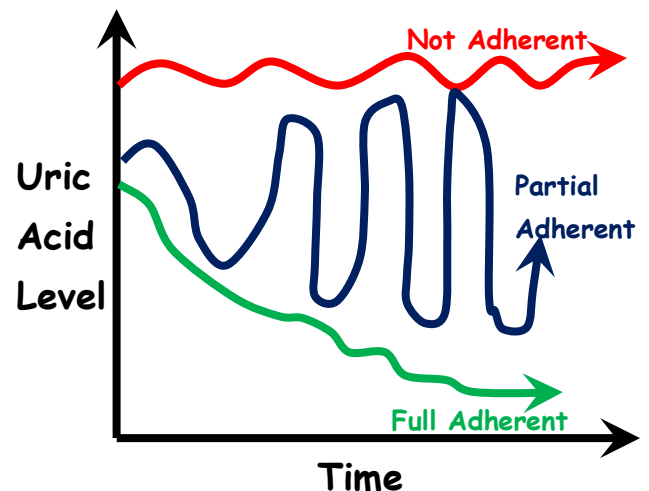
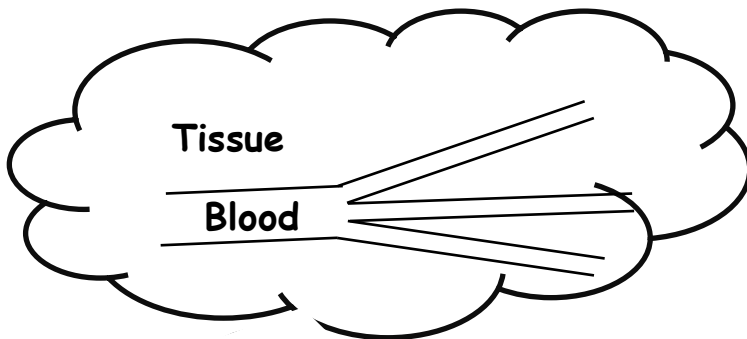


#1 MOP UP THE WATER

- Steroid Injection
- Prednisone
- NSAIDs (i.e. Indocid)
- Colchicine
- Anakinra

TARGET: Uric Acid < 360 umol/L

- Reduce flares of gout
- May Protect the heart
- May Protect the brain



Urate Lowering Therapy RULES!!!

1. Patients can still have flares when they start urate lowering therapy. It takes time to reduce the soft tissue uric acid concentration.
2. Gout only improves if the uric acid is lowered. Low doses of Allopurinol in renal failure often don't work.
3. To get rid of tophi the uric acid must be lowered sufficiently and prolonged. Aim for 100-200 umol/L.
4. Follow serial uric acid levels regularly (every 1-3 months)