

# Gout & Uric Acid Lifestyle Guide

Reduce gout risk without treating the laboratory number alone

## Helpful measures

- Maintain good hydration unless fluid-restricted.
- Aim for gradual weight reduction if overweight.
- Limit heavy alcohol intake, especially binge drinking.
- Reduce frequent high-purine excess and sugar-sweetened beverages.
- Control blood pressure, kidney disease and metabolic risk factors.

A high uric-acid value alone does not always mean gout. Recurrent true gout may require long-term urate-lowering medicine prescribed to a target level.

**Important:** This resource is for general education and does not replace an individual medical consultation. Seek urgent medical care for severe, rapidly worsening or emergency symptoms.