

Gout Affects the Whole Body

It's well known that gout affects the big toe.
But did you know that gout can affect any part of the body?



Eyes

Urate crystal deposits can end up in the eyes. The number of gout patients who also have dry eye disease has increased in recent years.



Mental Health

People living with gout are more likely to develop anxiety and depression.



Kidneys

Gout can increase the risk of kidney disease. People with gout have a 29% higher risk of advanced chronic kidney disease.



Heart

Gout increases the risk of cardiovascular conditions including:

- Heart attack
- Heart failure
- Atrial fibrillation
- Stroke



Endocrine System

Gout can increase the risk of diabetes. In fact, one study found that women with gout were 71% more likely to get diabetes than women without it.

Annals of the Rheumatic Diseases, 2014



Joints

Uric acid buildup forms painful crystals around joints. While this most often affects the big toe, these crystals can form around any joint in the body and cause long-term damage.

