

## Gout

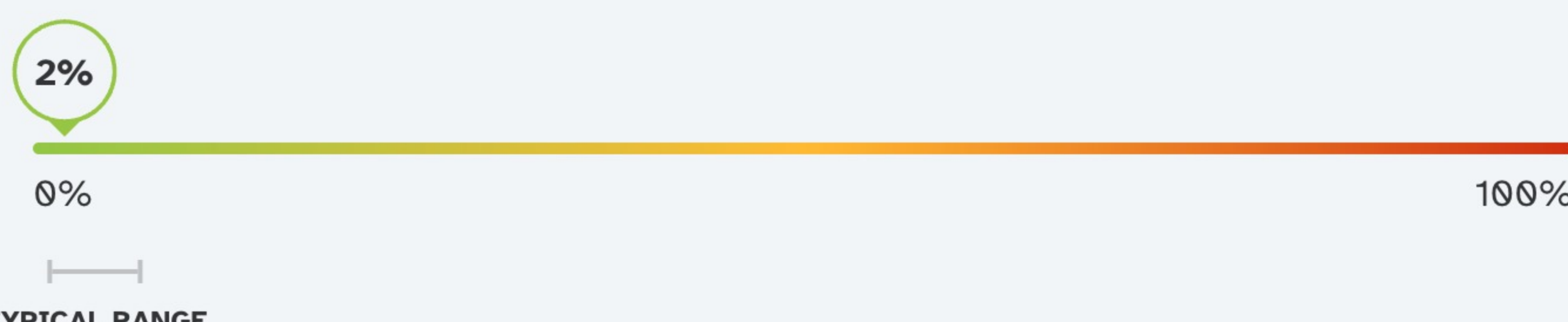
POWERED BY 23ANDME RESEARCH

Gout is a condition characterized by the sudden painful swelling of one or more joints, often in the big toe, which is caused by the accumulation of uric acid in the joints. Symptoms of gout tend to come and go. Some people may not experience any symptoms for years while others may experience symptoms many times per year.



Jamie, your genetic result is associated with a **typical likelihood** of developing gout.

An estimated **2%** of people with genetics and other factors like yours develop gout **by their 70s**. This is based on data from female 23andMe research participants of European descent.



This estimate is based on currently available data and may be updated over time.

### Ways to take action

Your overall likelihood of developing gout also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits may help lower the chances of developing this condition.

- Maintain a healthy weight
- Limit alcohol consumption
- Limit consumption of red meat and drinks with high-fructose corn syrup
- Eat low-fat or nonfat dairy products and plenty of vegetables

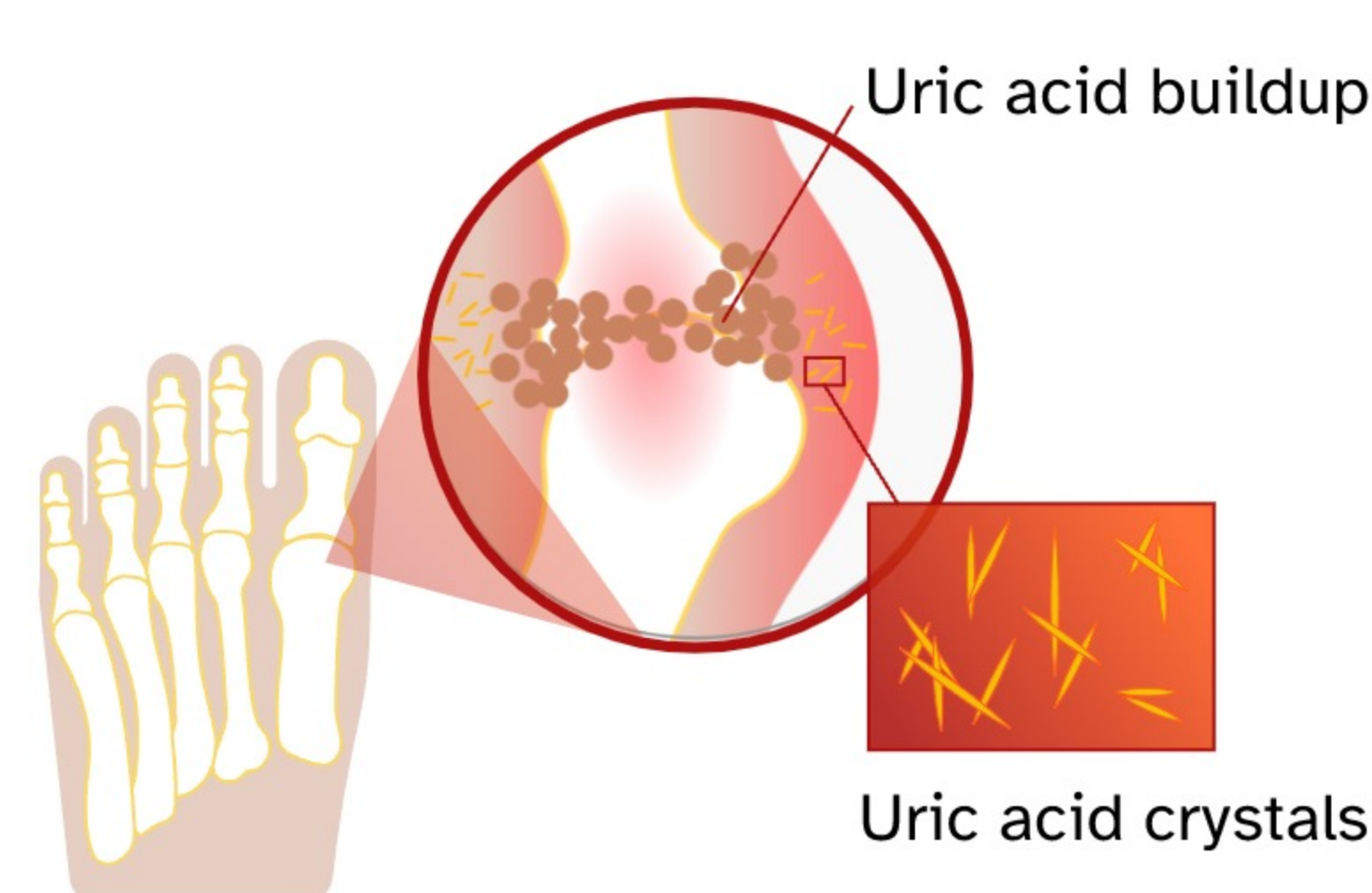


[Learn more from the National Institutes of Health](#)

### About gout

#### What is gout?

Gout is a form of arthritis caused by the accumulation of uric acid in the joints. Uric acid is produced in the blood when certain molecules and foods are broken down. Typically, uric acid is filtered from the blood by the kidneys and excreted from the body. For people with gout, the body either produces too much uric acid or the kidneys don't filter out enough. This causes uric acid to build up and form needlelike crystals in the joints, leading to inflammation and pain.



#### How can gout impact your health?

People with gout experience sudden episodes, called flares or attacks, during which one or more joints become swollen and painful. Flares often occur in the big toe but may also occur in other areas, like the ankles, knees, or hands. Flares often appear at night with severe pain and swelling that lasts for a few hours followed by lingering discomfort that may last for days or weeks. Some people with gout may experience long periods of time without symptoms, from weeks to years, before experiencing another flare. If severe recurrent gout is left untreated, bumps called tophi, joint damage, and kidney stones may develop.



#### Other factors that can impact your chances of developing gout

It is estimated that around 3-5% of the general U.S. population may have gout. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing gout include:

- Age (this condition becomes more common as people get older)
- Family history
- Sex (more males than females are diagnosed with gout but the risk in females increases after menopause)
- Certain health conditions (such as high blood pressure, diabetes, and poor kidney function)
- Currently taking certain medications (such as diuretics)



Age



Family history



Sex



Certain health conditions



Certain medications

### Keep in mind

This report **does not diagnose** gout. **Consult with a healthcare professional** if you are concerned about your likelihood of developing gout, have a personal or family history of gout, or before making any major lifestyle changes.



If you have already been diagnosed with gout by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing gout also depends on **other factors**, including lifestyle, age, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing gout.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

#### ANCESTRY

Ancestry Overview  
All Ancestry Reports  
Ancestry Composition  
DNA Relatives  
Order Your DNA Book

#### HEALTH & TRAITS

Health & Traits Overview  
All Health & Traits Reports  
My Health Action Plan  
Health Predisposition  
Pharmacogenetics  
Carrier Status  
Wellness  
Traits

#### RESEARCH

Research Overview  
Surveys and Studies  
Edit Answers  
Publications

#### FAMILY & FRIENDS

View all DNA Relatives  
Family Tree  
Your Connections  
GrandTree  
Advanced DNA Comparison