



**CURE GOUT NOW!**

# The 'Cure Gout Now' Survey 2007

*Helping Us All Gain A Greater Understanding Of Gout.*

*Lisa McDowell*

A survey by Gout Sufferers for Gout Sufferers

Discover the remedies other sufferers recommend, what lifestyle changes help...

And the trigger foods to avoid.

***Disclaimer:** All material in this report is provided for information only and may not be construed as medical advice or instruction. No action or inaction should be taken based solely on the contents of the survey findings. Instead readers should consult their physician or other qualified health professionals on any matter relating to health and well-being. Readers who fail to consult with appropriate health authorities assume the risk of any injuries. The publisher is not responsible for errors or omissions. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not necessarily constitute or imply its endorsement, recommendation, or favoring by the publisher.*



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## Survey Summary

An invitation to complete The Cure Gout Now Survey 2007 was sent to a total of 3008 newsletter subscribers in August 2007. However, of these people only around 535 are thought to be 'active' readers based on email newsletter opening rates.

The survey ran between the 25<sup>th</sup> September and the 2<sup>nd</sup> October 2007 and a total of 133 people completed the survey, which is 4.4% of the total number of people, but 24.8% of the estimated 'active' group.

The aim of the survey was to identify the respondents' experience with Gout, their thoughts on products, both medical and alternative, treatments, remedies and what their overwhelming area of concern was.

The high level summary of all the results are:

The respondents were mainly men aged between 46 – 65.

A significant number of the respondents have had gout formally diagnosed and just under a third have another family member with gout, suggestive of a genetic link.

Over 50% of respondents have been suffering with gout for 1 – 9 years with a further 13.5% having had gout for 10 or more years.

The majority of sufferers experience a gout flare-up between 2 – 6 times a year and the severity of the attacks were rated as 3.9 on a scale of 1 – 5 with 1 being 'mild' and 5 being 'severe'.

Difficulty walking, severe pain in the joint(s) that develops within a few hours and hot, red and shiny skin around the joint(s) are the most typical gout symptoms experienced by the respondents.

When given a list of common gout drugs to rate in terms of effectiveness, the majority of medications were rated highly by the respondents with the exception of Sulfinpyrazone i.e. Anturane.

A selection of natural products for gout were also rated in terms of effectiveness. The use of these products is not as widespread compared to gout medications, however two products stood out as being effective – Gout Care and [Uricinex](#).

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Respondents were also asked to rate a selection of natural gout remedies from a list provided. Cherries (in all forms) were rated the highest in terms of effectiveness.

The responses regarding following a low purine diet were interesting. The majority of survey respondents (47%) said that they sometimes have purine rich foods / beverages and 35% reported that they are mostly careful to avoid purine rich foods / beverages.

From respondents responses there are a number of common trigger foods that generally bring on gout symptoms. The top three trigger foods and beverages were identified as:

Red meat

Beer (specifically)

Alcohol (generally)

When asked which products, services or information they have found most helpful in reducing Gout symptoms 42% of respondents said information provided in The Cure Gout Now newsletter, blog, email and Ebook.

Note: these results should be viewed in context as the survey was completed solely by The Cure Gout Now newsletter subscribers.

When asked if certain products were made available, which would be most useful, the respondents chose a 'Comprehensive List of Gout Foods to Eat and Foods to Avoid' and the second choice being 'Cure Gout Now Recipe Collection'.

The top three best tips for dealing with Gout were as follows:

Drinking plenty of water.

Eating cherries or drinking cherry juice / concentrate.

Watching your diet.

The final question dealt with the respondents biggest concern. There were many different questions, but the one that was asked the most was 'Is there a cure for gout?'

The Survey Results in Detail:

The questions and answers are detailed below with the answers displayed in both text and graph form, along with a brief explanation of the findings.

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Where open-ended free form questions were asked, only the most common answers have been included in the survey. The remaining details can be found in the appendices.

Please feel free to pass a copy of this survey onto anyone you feel may be interested in the information.

Alternatively send them to this website address where they can sign up for the free newsletter and get a complimentary copy of the Survey Report:

<http://www.cure-gout-now.com>

Thank you again to all those who took part in The Stop Acid Reflux Now Survey 2007, your input has been invaluable.

*Lisa McDowell*

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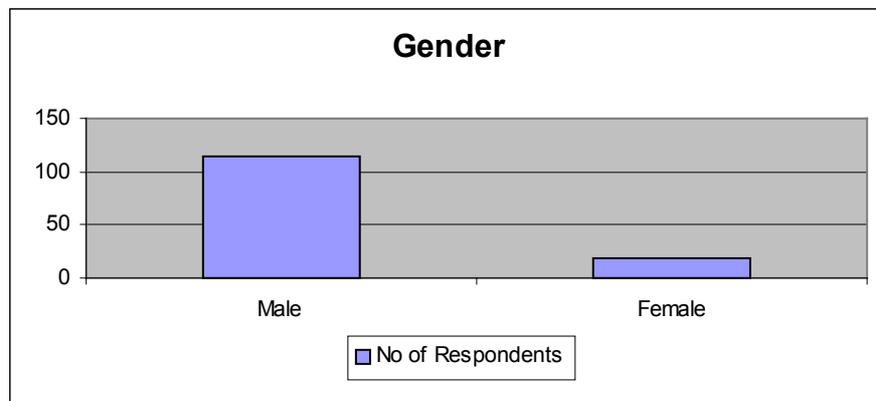
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1. The first question asked was to determine the respondents gender.

	<u>No of Respondents</u>	<u>Percentage</u>
Male	114	85.7%
Female	19	14.3%



## What Does This Mean:

The majority of respondents were male by a substantial margin.

The reason why two thirds of survey respondents are male could be explained by a number of factors.

1. That there are more men than women subscribed to the Cure Gout Now Newsletter.
2. Men who are subscribed to The Cure Gout Now newsletter are more likely to answer surveys.
3. From numerous research studies it is known that more men than women suffer from gout, with women only tending to develop gout after the menopause, therefore it is likely that the majority of Cure Gout Now newsletter subscribers are men.

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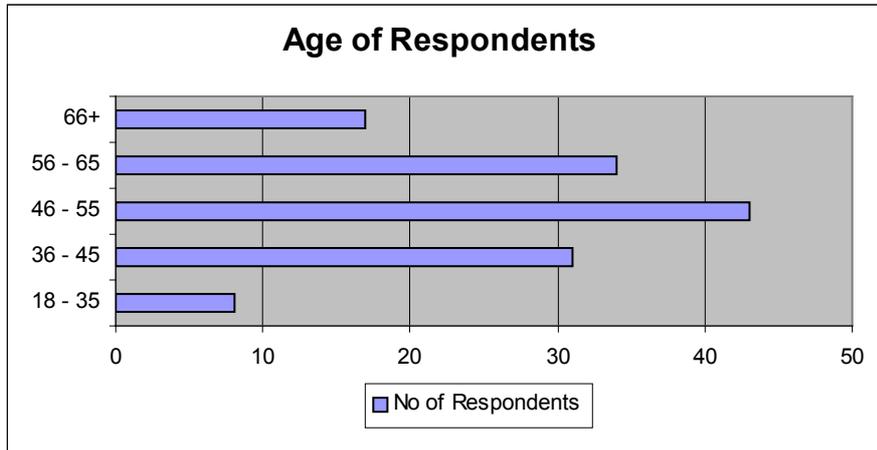
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2. The second question asked was to determine the respondents age:

	<b>No of Respondents</b>	<b><u>Percentage</u></b>
66+	17	12.8%
56 to 65	34	25.6%
46 to 55	43	32.3%
36 to 45	31	23.3%
18 to 35	8	6.0%



### **What Does This Mean:**

The results show overwhelmingly that the majority of Gout sufferers are aged 46 and over. There could be a number of reasons for this result:

1. That there are more people in this age group subscribed to The Cure Gout Now Newsletter.
2. People within the 46+ age group who are subscribed to The Cure Gout Now newsletter are more likely to answer surveys.
3. Gout is more common in older people. This is backed up by research that shows gout is uncommon in people under 40 and that the risk of gout increases as you age.

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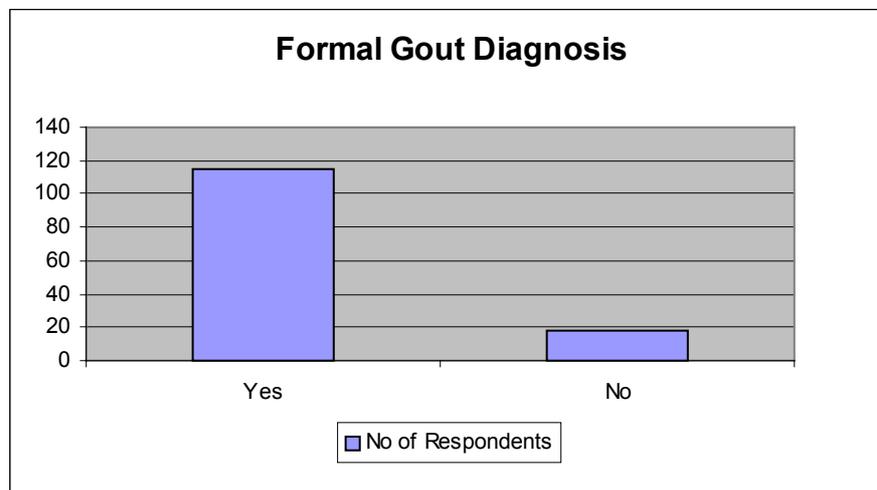
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## 3. Question 3 asked 'Have you had Gout formally diagnosed?'

	<u>No of Respondents</u>	<u>Percentage</u>
Yes	115	86%
No	18	14%



### What Does This Mean:

A very high 86% of all survey respondents have had gout formally diagnosed.

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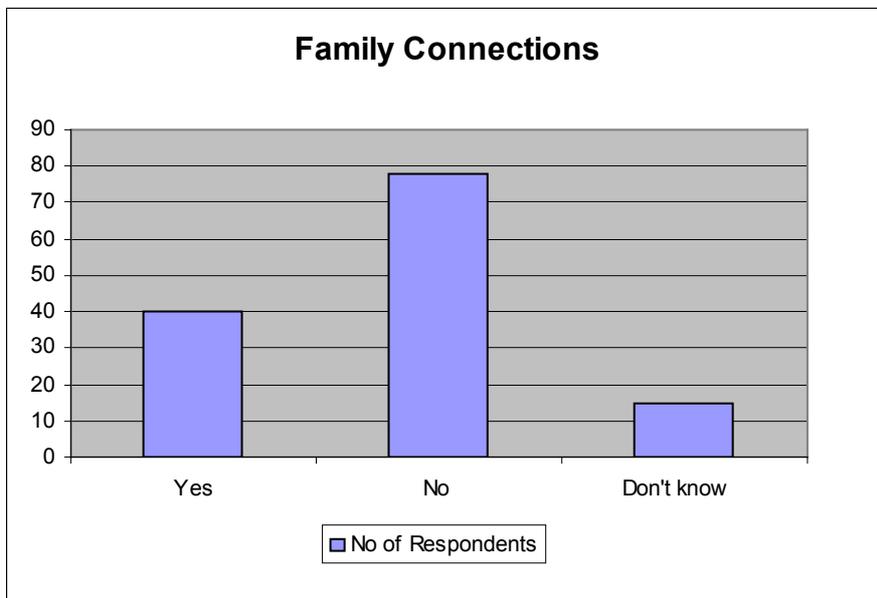
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4. Question 4 was asked to determine if there may be a genetic link to gout – Respondents were asked ‘Does anyone else in your immediate family suffer from Gout?’

	<u>No of Respondents</u>	<u>Percentage</u>
Yes	40	30.1%
No	78	58.6%
Don't know	15	11.3%



## What Does This Mean:

Although the majority of respondents answered ‘no’ when asked if anyone else in their family had gout, nearly a third answered ‘yes’. Although the genetic link with gout is not fully understood research has identified that some people are genetically predisposed to high levels of uric acid, the precursor for gout.

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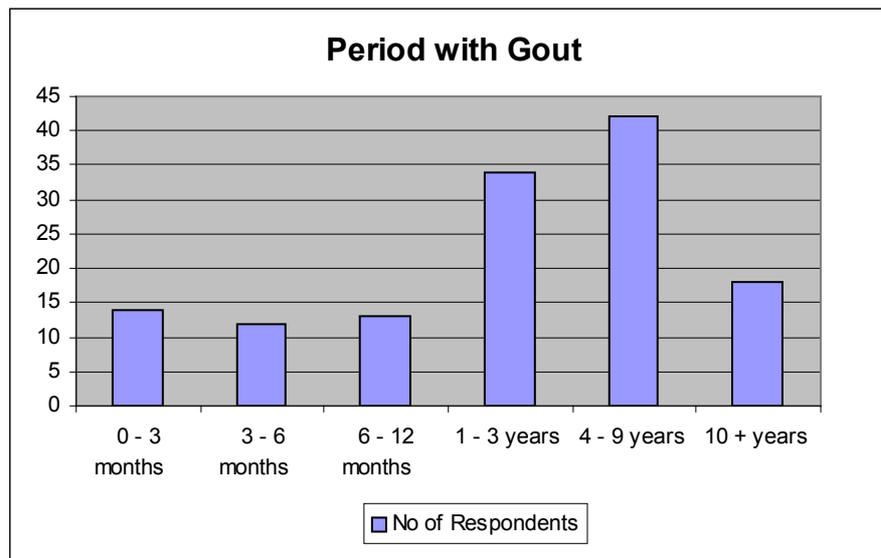
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## 5. Question 5 asked respondents to select how long they have suffered with Gout for.

	<u>No of Respondents</u>	<u>Percentage</u>
0 - 3 months	14	10.5%
3 - 6 months	12	9.0%
6 - 12 months	13	9.8%
1 - 3 years	34	25.6%
4 - 9 years	42	31.6%
10 + years	18	13.5%



### What Does This Mean:

With over 50% of respondents suffering with gout for between 1 – 9 years and an additional 13.5% suffering for 10 years or more, gout is a chronic condition that needs to be managed if you are to avoid future attacks.

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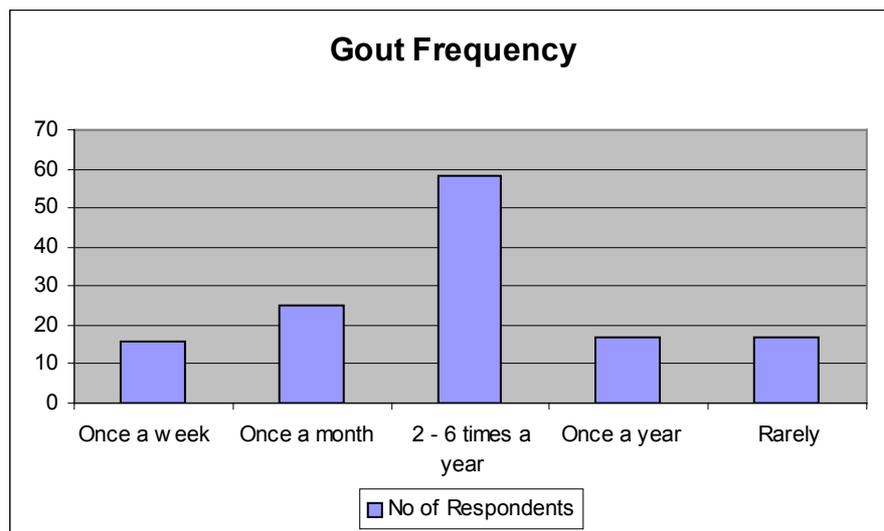
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6. In Question 6 respondents were asked to select the answer that most closely matches the frequency their gout flare-ups occur.

	<u>No of Respondents</u>	<u>Percentage</u>
Once a week	16	12%
Once a month	25	19%
2 - 6 times a year	58	44%
Once a year	17	13%
Rarely	17	13%



## What Does This Mean:

With nearly half of all respondents suffering with gout flare-ups between 2 – 6 times a year, Gout is a condition that has a huge impact on lifestyle and sometimes careers. Especially when the frequency of flare-ups are compared to the most common symptoms of gout – ‘walking is difficult during a gout attack’ (see question 8).

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7. Question 7 dealt with the severity of Gout attacks. Respondents were asked to rate the severity of attacks with 1 being 'mild' and 5 being 'severe'.

## Rating

Average Gout attack severity rating: 3.9

### **What Does This Mean:**

With 3.9 as the average severity score gout, when it strikes, has a clear impact of the sufferers life. In living with severe pain sufferers will be keen to find a way of managing the symptoms. The severity of the gout attacks probably also contributes to the high numbers of people formally diagnosed with the condition.

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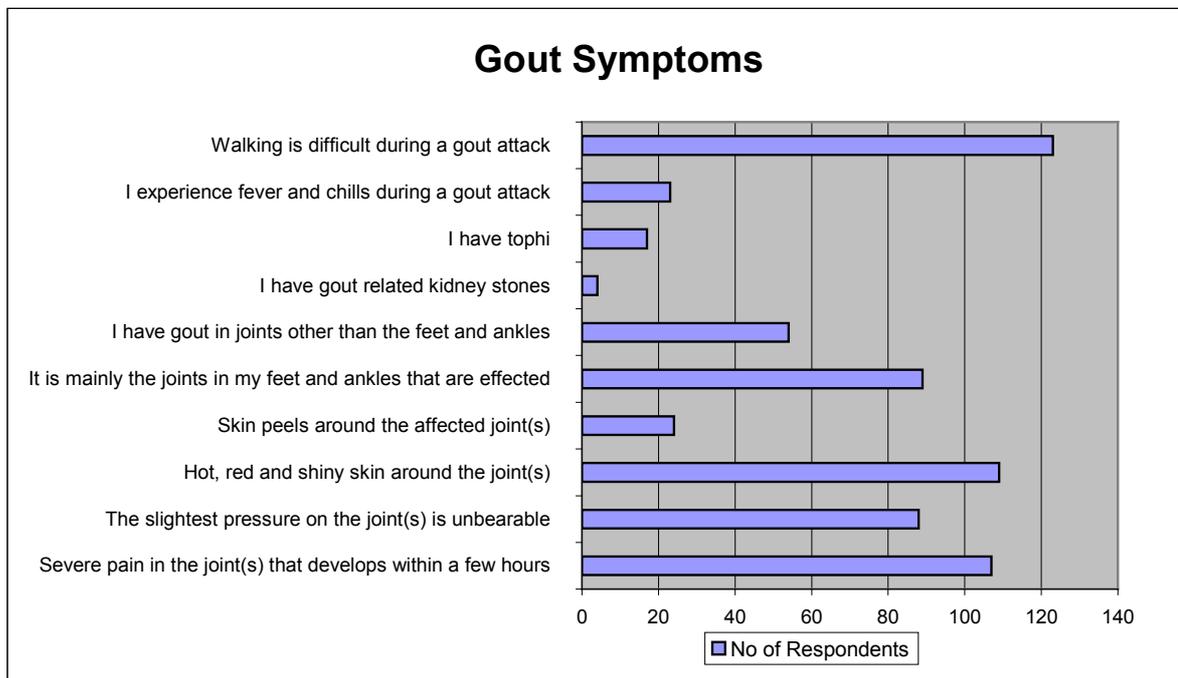
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**8. In question 8 respondents were asked to check the boxes of all the symptoms that applied to their experience of gout. They were advised that they could check more than one.**

	<u>No of Respondents</u>	<u>Percentage</u>
- Walking is difficult during a gout attack	123	92%
- I experience fever and chills during a gout attack	23	17%
- I have tophi	17	13%
- I have gout related kidney stones	4	3%
- I have gout in joints other than the feet and ankles	54	41%
- It is mainly the joints in my feet and ankles that are effected	89	67%
- Skin peels around the affected joint(s)	24	18%
- Hot, red and shiny skin around the joint(s)	109	82%
- The slightest pressure on the joint(s) is unbearable	88	66%
- Severe pain in the joint(s) that develops within a few hours	107	80%



## What Does This Mean:

The most common symptoms are difficulty walking, severe pain and inflamed joints.

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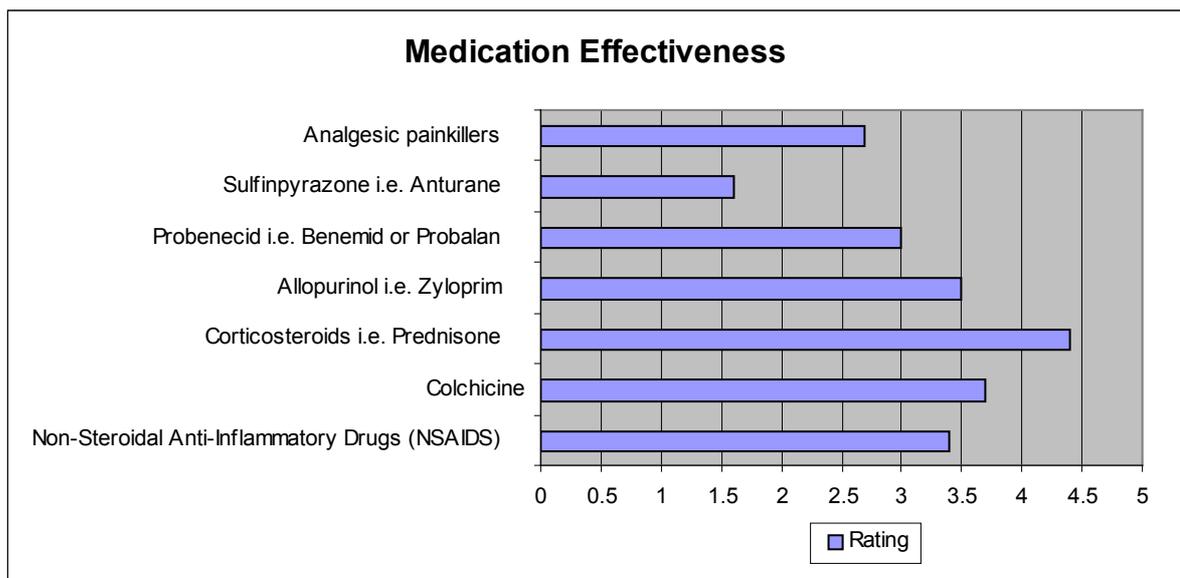
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9. Question 9 asked the respondents to rate the medications listed below in terms of effectiveness with 1 being 'not effective' and 5 being 'very effective'. N/A could be selected for any medications that they did not have personal experience of.

	<u>Rating</u>
Analgesic painkillers	2.7
Sulfinpyrazone i.e. Anturane	1.6
Probenecid i.e. Benemid or Probalan	3
Allopurinol i.e. Zyloprim	3.5
Corticosteroids i.e. Prednisone	4.4
Colchicine	3.7
Non-Steroidal Anti-Inflammatory Drugs (NSAIDS)	3.4



## What Does This Mean:

With the exception of Analgesic painkillers and Sulfinpyrazone, all the medications scored over 3 in terms of effectiveness. From this it can be seen that drugs are an effective way of treating the symptoms gout, however many of the drugs do come with side effects that were not taken into account in this survey.

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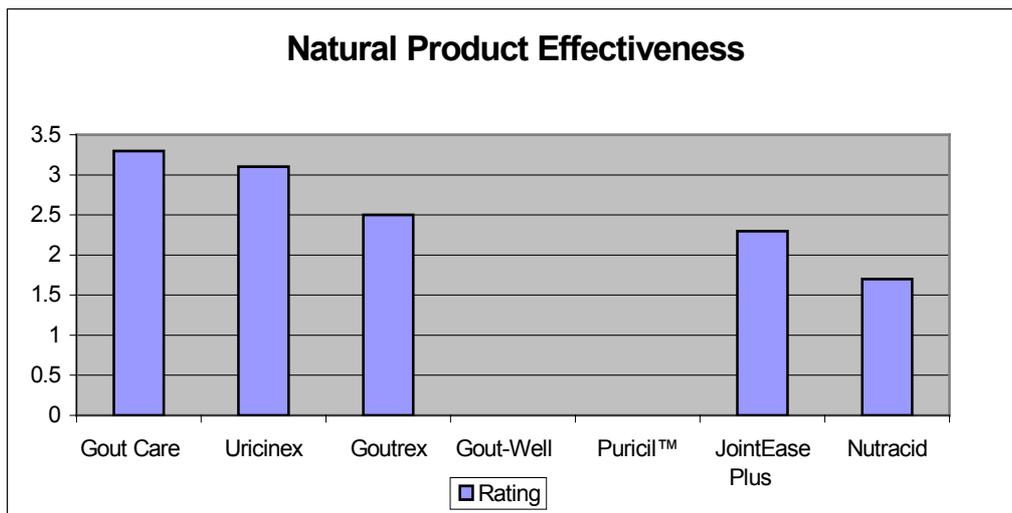
<http://www.cure-gout-now.com/gout.html>

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10. Question 10 asked the respondents to rate the natural products listed below in terms of effectiveness with 1 being 'not effective' and 5 being 'very effective'. N/A could be selected for any medications that they did not have personal experience of.

## Rating

Gout Care	3.3
Uricinex	3.1
Goutrex	2.5
Gout-Well	n/a
Puricil™	n/a
JointEase Plus	2.3
Nutracid	1.7



### **What Does This Mean:**

Gout Care and Uricinex are the two most effective natural products and were considered by respondents to be on par with Allopurinol, Probenecid and NSAID's in terms of controlling gout symptoms.

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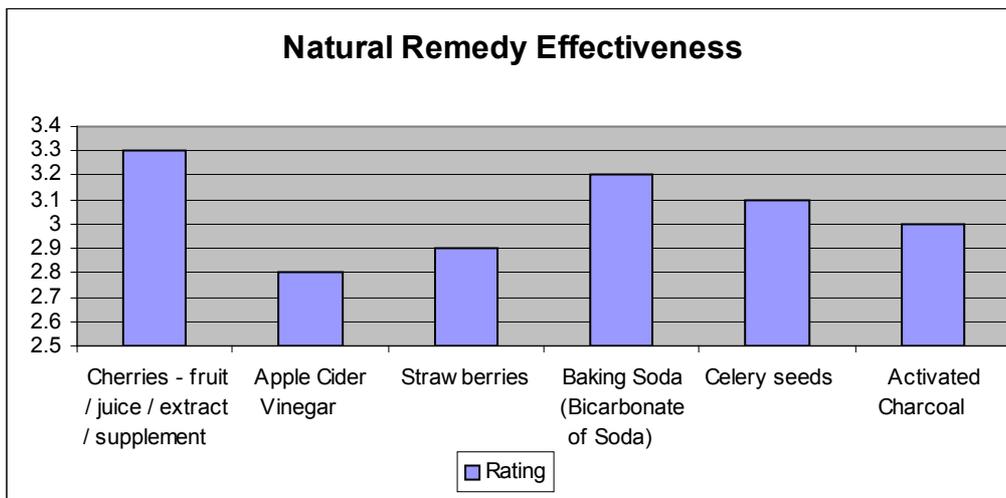
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11. In line with the previous two questions, Question 11 asked the respondents to rate the natural remedies listed below in terms of effectiveness with 1 being 'not effective' and 5 being 'very effective'. N/A could be selected for any medications that they did not have personal experience of.

	<u>Rating</u>
Cherries - fruit / juice / extract / <a href="#">supplement</a>	3.3
Apple Cider Vinegar	2.8
Strawberries	2.9
Baking Soda (Bicarbonate of Soda)	3.2
<a href="#">Celery seeds</a>	3.1
<a href="#">Activated Charcoal</a>	3



## What Does This Mean:

The top three natural remedies rated as the most effective by the survey respondents were:

Cherries - fruit / juice / extract / supplement  
Baking Soda (Bicarbonate of Soda)  
Celery seeds

All three remedies also scored on par with Allopurinol, Probenecid and NSAID's in terms of controlling gout symptoms as rated by survey respondents.

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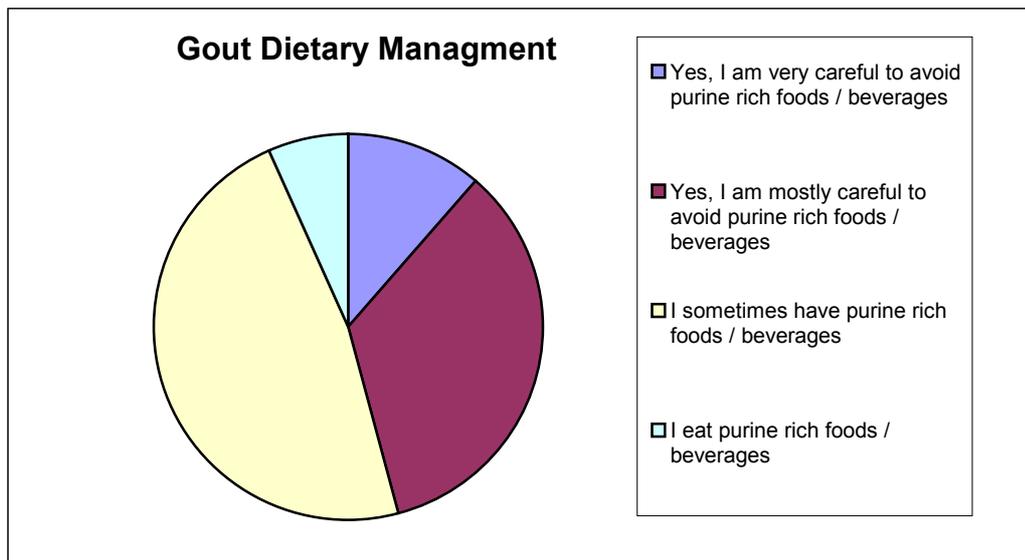
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**12. Question 12 was asked to determine if gout sufferers managed their symptoms through following a low purine diet. Respondents were asked to select the option that was most applicable.**

	<u>No of Respondents</u>	<u>Percentage</u>
I am very careful to avoid purine rich foods / beverages	15	11%
I am mostly careful to avoid purine rich foods / beverages	46	35%
I sometimes have purine rich foods / beverages	63	47%
I eat purine rich foods / beverages	9	7%



## **What Does This Mean:**

The largest group, with just under 50% stated that they sometimes have purine-rich foods and beverages and only 11% of respondents follow a diet where they are careful to avoid purine-rich foods and beverages.

While increasing levels of uric acid through eating high purine foods is not the only contributor to gout, it does play an important role and these responses suggest that sufferers are more willing to rely on medication to control symptoms rather than make dietary adjustments.

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**13. Question 13 asked respondents to list any 'trigger' foods or beverages that they have identified as having an effect Gout or can lead to an attack.**

<u>Gout Triggers</u>	<u>No of Respondents</u>
Red Meat	30
Beer	27
Alcohol	16
Shellfish / Seafood	12
Meat	7
Beef	7
Red Wine	7
Pork	7
Shrimp	7
Dried Beans / Beans	5
Lobster	4
Wine	4
Nuts	4
Gravy	4
Prawns	4
Pulses / Lentils	3
Chocolate	3
Whiskey	3
Fish	3
Garden Peas	3

### **What Does This Mean:**

Given the numbers of people reporting the same foods as gout triggers we can assume that these foods are best avoided to minimize symptoms.

The remaining list of trigger foods can be found in the Appendices at the end of the report.

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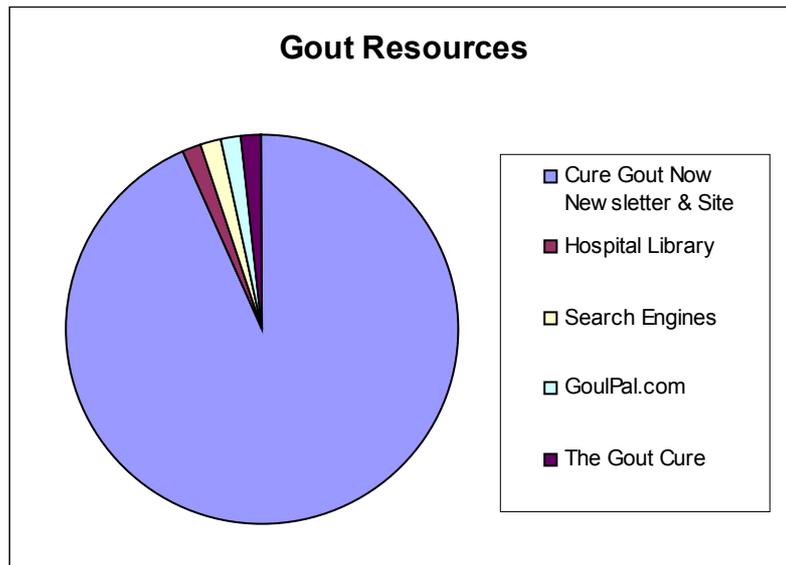
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14. Question 14 asked respondents whether there were any particular products, services or information that they have found helpful in reducing Gout symptoms.

	<u>No of Respondents</u>
Cure Gout Now Newsletter & Site	56
Hospital Library	1
Search Engines	1
GoutPal.com	1
The Gout Cure	1



## What Does This Mean:

By a vast majority The Cure Gout Now ebook, newsletter, emails and Blog were voted as the most helpful.

However, these results should be viewed in context, as the survey was completed solely by subscribers to the Cure Gout Now Newsletter.

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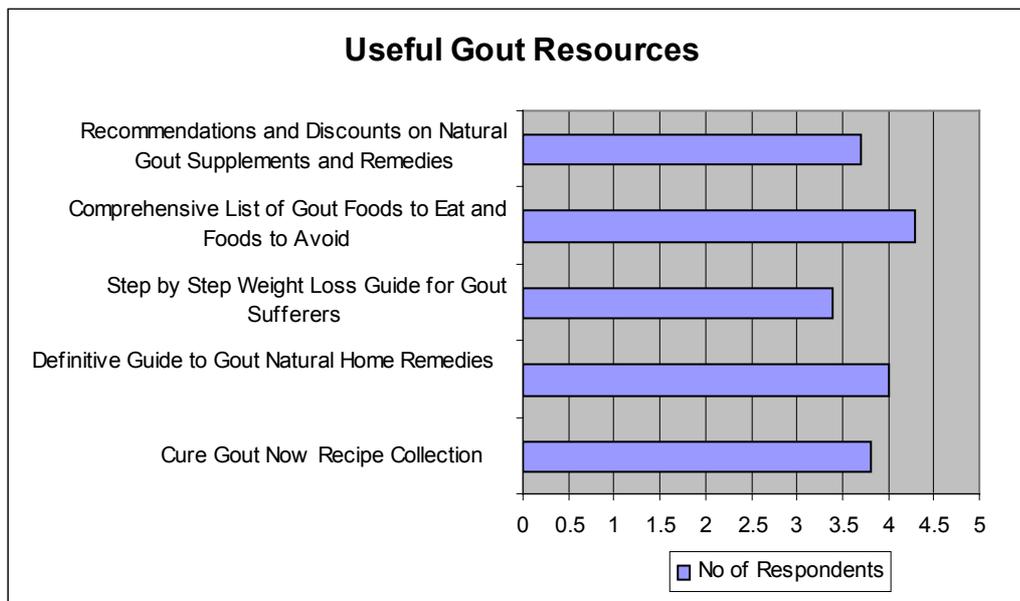
<http://www.cure-gout-now.com/gout.html>

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15. In an effort to discover what information Gout sufferers are looking for respondents were asked to rate the suggestions below from 1 to 5, with 1 being 'not useful' and 5 being 'very useful'.

## Rating

Recommendations and Discounts on Natural Gout Supplements and Remedies	3.7
Comprehensive List of Gout Foods to Eat and Foods to Avoid	4.3
Step by Step Weight Loss Guide for Gout Sufferers	3.4
Definitive Guide to Gout Natural Home Remedies	4
Cure Gout Now Recipe Collection	3.8



## **What Does This Mean:**

The information that Gout sufferers would find most helpful is a 'Comprehensive List of Gout Foods to Eat and Foods to Avoid'.

The fact that most gout sufferers do not follow a low purine diet currently (see question 12) could be due to not being aware of the purine content of different foods and beverages. So this information could enable gout sufferers to start managing their symptoms through dietary changes.

This ties in with second most popular choice – The Cure Gout Now Recipe Collection.

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## 16. In Question 16, respondents were asked to provide their best tip for coping with and preventing gout symptoms.

The answers were grouped, where applicable and the following is a summary of the answers with 3 of more recommendations. The remaining tips can be found in the Appendices.

	<u>No of Respondents</u>
Drink plenty of water (including boiled, high ph, ionised & non-chlorinated)	20
Cherries / Cherry Juice / Black Cherry concentrate	18
Watch diet	16
Avoid alcohol	11
Take your medication	8
Weight control	7
Lower intake of purine-rich foods	6
Tart Cherry Extract (supplement)	6
Exercise	6
Watch protein intake	3
Eat lots of fruit and vegetables	3
Don't lose weight too quickly	3
Celery seeds	3
Complete rest of effected joint	3
Vitamin C	3
Reduce stress	3
Allopurinol	3

### What Does This Mean:

Given that the top 4 tips suggested by the respondents revolve around what to eat and not eat it respondents are aware that diet plays a large role in both exacerbating and controlling Gout symptoms.

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## 17. The final question of the survey asked respondents to enter the ONE question they would like answered about Gout:

The answers were grouped, where applicable, and the following is a summary of the questions asked by 3 or more people.

The remaining questions can be found in the Appendices.

	<u>No of Respondents</u>
Is there a cure for gout?	28
What natural methods are there to cure gout?	11
What causes gout and why do some people get it and others don't?	11
Comprehensive list of trigger foods to avoid and foods that are ok to eat	9
How do you prevent gout?	8
How to get relief when an attack occurs	10
Why is gout such an incurable disease?	4
Can you cure gout without giving up the good stuff?	3
What pain management strategies are there available that work?	3

### **What Does This Mean:**

Perhaps not surprisingly the most important question that 28 people (or 21% of the survey respondents) want to know is whether Gout can be eliminated / cured.

What causes Gout and why do some people get it and others don't plus natural methods to cure gout are the next most asked questions.

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## Appendix i

### **Question 13 – Full list of trigger foods:**

<u>Gout Triggers</u>	<u>No of Respondents</u>
Red Meat	30
Beer	27
Alcohol	16
Shellfish / Seafood	12
Meat	7
Beef	7
Red Wine	7
Pork	7
Shrimp	7
Dried Beans / Beans	5
Lobster	4
Wine	4
Nuts	4
Gravy	4
Prawns	4
Pulses / Lentils	3
Chocolate	3
Whiskey	3
Fish	3
Garden Peas	3
Cheese	2
Tomatoes	2
Fizzy drinks	2
Lager	2
Green Vegetables	2
Liver	2
Mussels	2
Eggs	2
Niacin / Vitamin B3	2
Offal	2
Spinach	2
Turkey	2
Scallops	1
Tuna Fish	1
Crawfish	1
Bread	1

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<u>Gout Triggers</u>	<u>No of Respondents</u>
Vodka	1
Corn	1
Crabs	1
Squash drinks	1
Hamburgers	1
Indian food	1
Chinese food	1
Lamb	1
Lettuce	1
Oatmeal	1
Cold meats	1
Sausage	1
Clams	1
Mackerel	1
Mushrooms	1
Broccoli	1
Butterbeans	1
Sweets	1
Peanut butter	1
Bacon	1
Pickled herring	1
Sardines	1
Spirits	1
Creamy sauces	1
Junk food / fast food	1
Pineapples	1
Vitamin C	1
Fatty foods	1
Fried foods	1
Salmon	1
Sweetbreads	1
Ham	1
Veal Weiners	1
Cola	1
Processed meats	1
Asparagus	1
Venison	1
Weightwatchers hard cheese	1

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# CURE GOUT NOW!

## Appendix ii

### **Question 16 – Full list of Gout Coping Tips**

<u>Gout Coping Tips</u>	<u>No of Respondents</u>
Drink plenty of water (including boiled, high ph, ionised & non-chlorinated)	20
Cherries / Cherry Juice / Black Cherry concentrate	18
Watch diet	16
Avoid alcohol	11
Take your medication	8
Weight control	7
Lower intake of purine-rich foods	6
<a href="#">Tart Cherry Extract</a> (supplement)	6
Exercise	6
Watch protein intake	3
Eat lots of fruit and vegetables	3
Don't lose weight too quickly	3
<a href="#">Celery seeds</a>	3
Complete rest of effected joint	3
<a href="#">Vitamin C</a>	3
Reduce stress	3
Allopurinol	3
Predinonse taper	2
Follow an anti-acid diet	2
Don't take aspirin	2
Treat attacks early	2
Elevate joint	2
Apple Cider Vinegar diluted in water	2
Colchicine	2
<a href="#">Uricinex</a>	2
Avoid salty foods	2
Follow a low fat diet	1
Take anti-inflammatory's at the first sign of gout	1
Put effected joint in cold water and alternate with hot water and vinegar	1
Baking soda	1
Wear shoes with a heel cup	1
Naproxen	1
Don't use NSAID's	1
Blueberries	1
Strawberries	1

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<u>Gout Coping Tips</u>	<u>No of Respondents</u>
Goutinol	1
Have faith in yourself	1
Indomethacin	1
Apricots	1
Homeopathy	1
See a rheumatologist rather than relying on your regular doctor	1
Kombucha Tea	1
Jointritis cream	1
Cold packs to dull the pain	1
Green tea with lemon juice	1
Peanut oil	1
<a href="#">JointEase Plus</a>	1
Pay attention to your body	1
Turmeric pills	1
Vitamin A	1
Goji Juice	1
Avoid fish	1
Eat chicken in moderation	1
Eat pumpkin seed butter and almond butter for protein	1
Eat low salt bread	1
Drink Milk	1
Follow an adapted diabetic diet to lose weight	1
Rosemary herbal tea	1
Gout Care Herbal remedy	1
Eliminate diuretics	1
Avoid getting too cold	1
Don't take long walks	1

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# CURE GOUT NOW!

## Appendix iii

### **Question 17 – Full list of questions asked**

<u>Questions Asked</u>	<u>No of Respondents</u>
Is there a cure for gout?	28
What natural methods are there to cure gout?	11
What causes gout and why do some people get it and others don't?	11
Comprehensive list of trigger foods to avoid and foods that are ok to eat	9
How do you prevent gout?	8
How to get relief when an attack occurs	10
Why is gout such an incurable disease?	4
Can you cure gout without giving up the good stuff?	3
What pain management strategies are there that work?	3
What natural remedies are there to dissolve tophi?	2
What are the state of the art treatments / medications for gout?	2
Does losing weight cure gout?	2
Why do I get gout when I take meds and watch what I eat?	2
Is there much research being done of gout?	2
Can gout cause general body pain?	1
Can stress cause gout?	1
What makes the effected joint so inflamed?	1
Why doesn't the medication work? 1	
Does dehydration bring on gout attacks?	1
Does gout cause the feet to burn, especially when lying down?	1
Just how bad is shellfish for gout symptoms?	1
How common is gout? What percentage of the population suffer with it?	1
How do you avoid gout related kidney stones?	1
How does uric acid effect other parts of the body?	1
Can you have uric acid deposits removed?	1
What seafood can I eat?	1
I would like to know more about the 8 different genetic / metabolic pathways for gout	1
What are the side effects of taking NSAID's over the long term?	1
Is gout caused by insulin resistance?	1
Is hot chili pepper goods for lowering uric acid levels?	1
Is a uric acid meter useful to combat oncoming attacks early?	1
Are there any gout self help groups	1
What level of uric acid brings on gout?	1
How do check uric acid levels without having a blood test?	1

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# CURE GOUT NOW!

## Questions Asked

## No of Respondents

Why is gout so localized when uric acid is in the blood stream?	1
Will damage to the joint be permanent?	1
How do you treat gout when you have a heart defect too	1
Is gout caused by the overproduction of uric acid or under-excreting it?	1
Is vodka the only alcohol that doesn't cause gout or is this an urban legend?	1
Is alcohol free beer and wine ok to drink?	1
How do you lower uric acid levels in the blood	1
Why do gout symptoms get worse as you get older?	1
What is the best gout medication?	1

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