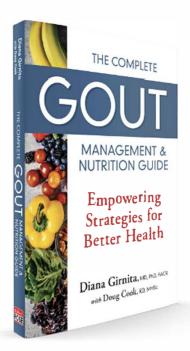
## The Complete Gout Management & Nutrition Guide

Empowering Strategies for Better Health By Diana Girnita, with Doug Cook On sale October 2024 978-0-7788-0723-0 / 0778807231 \$24.95 US / \$29.95 CAD Paperback / 7" x 10"



## Everything you need to know about gout!

Gout is a form of arthritis caused by uric acid crystals in the body, causing inflammation that leads to pain in the joints. The Journal of American Medicine reports that gout affects approximately <u>9.2 million people in the United States</u> (or 3.9% of the population), while a million Canadians are estimated to have gout (about 2% to 4% of the population), according to the Arthritis Association of Canada. Yet very little has been published about gout and its treatments. While there are medications to help relieve gout attacks, a lot of patients are unaware of the massive role that a low-purine diet plays in preventing attacks and managing the condition. The Complete Gout Management & Nutrition Guide explains how to manage gout by avoiding certain foods and food combinations and by following a meal plan that helps reduce and manage gout attacks.

The Complete Gout Management & Nutrition Guide is for both newly diagnosed and long-term sufferers. In this book, you'll find everything you need to know about gout, from how to identify the disease, how to choose between the various treatments available and how nutrition can help to manage your symptoms.

## Key Takeaways:

- Gout affects 9.2 million Americans and close to 1 million Canadians, yet there are very few books on the subject.
- This book is designed for **both newly diagnosed and long-term gout patients**.
- Learn how to **identify gout**, **discover treatment options and understand the role of a gout-specific diet** in the management of the disease.
- Includes more than **90 recipes and easy-to-follow charts and graphs** for nutritious, delicious and easy-to-prepare meals for a month.

## About the Authors

**Diana Girnita**, MD, PhD, FACR, is the founder and CEO of Rheumatologist OnCall, the only specialized, physician-led telemedicine rheumatology company. She is a double-board certified rheumatologist specializing in the treatment of arthritis and, in particular, gout. She lives in California. **Doug Cook**, RD, MHSc, is a registered dietitian and nutritional consultant with nearly two decades of experience. He lives in Toronto, Canada.

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To book an interview or request a review copy, please contact:

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