

Table 2: Risk factors contributing to gout¹⁹

| Risk factor / co-morbidity ^a | Evidence level | Adjusted RR | 95% CI |
|---|----------------|----------------------|------------|
| Male sex | 2b | 7.64 | 7.46–7.81 |
| Chronic renal failure | 2b | 4.95 | 4.28–5.72 |
| Hypertension | 2a | 3.93 | 1.60–9.70 |
| Obesity | 2b | 3.81 | 1.22–11.84 |
| Coronary heart disease | 2b | 1.75 | 1.70–1.79 |
| Diuretics | 2a | 1.72 | 1.67–1.76 |
| Seafood | 2a | 1.51 | 1.17–1.95 |
| Meat | 2a | 1.41 | 1.07–1.86 |
| Alcohol (10 g increase daily) (beer) | 2a | 1.17 | 1.11–1.22 |
| Diabetes mellitus | 2b | 1.11 | 1.06–1.16 |
| Triglycerides | 2b | Significant increase | |

^aThese factors should be considered and treated in their own right when treating a patient presenting with gout

2a = cohort studies; 2b = case-controlled studies