

INITIATION OF URATE LOWERING THERAPY (ULT)

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ABSTRACT

Gout is an inflammatory crystal arthritis characterised by hyperuricaemia and deposition of monosodium urate crystals (MSU) into joints and soft tissues. Urate-lowering therapy (ULT) is the cornerstone of long term managing chronic hyperuricemia and recurrent flares in patients with chronic tophaceous gout. Early ULT results in suppression of serum uric acid (SUA) and dissolution of deposited MSU crystals and tophi, thus preventing joint erosion complications.¹

Keywords: ULT, prophylaxis, colchicine, treatment targets

SFP2025; 51(2): 27-31

INDICATIONS FOR STARTING URATE LOWERING THERAPY (ULT)

ULT should be considered and discussed with every patient with a definite diagnosis of gout. ULT is indicated in patients with recurrent flare (≥ 2 times/year), tophi, urate arthropathy, and/or renal stones.¹

Patients with gout should be counselled and involved in decision-making concerning the use of ULT.

ULT allows for dissolution of crystal deposits and the disappearance of gout features, provided that uric acid levels are treated to target. Effective ULT reduces the size and number of tophi and facilitates their disappearance, thereby improving quality of life, which can be seriously impaired.^{2,3}

TIMING OF INITIATION OF ULT

Should urate-lowering drugs be initiated during a flare or wait until a fortnight later? Two small trials suggest that allopurinol initiation during an acute gout attack neither prolongs the duration of flares nor worsens its severity as compared with delayed initiation. Early treatment in patients with comorbidities is supported by a study of a large cohort of gout patients in whom hypertension, ischaemic heart disease, and CKD were associated with increased risk of recurrence of flare.⁴

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There is a need to start ULT early, particularly in patients with comorbidities and/or Serum Uric Acid (SUA) level >8 mg/dL (476 μ mol/L). Support to treat patients with high SUA level earlier is based on studies showing an association of hyperuricaemia with increased flare frequency.

TREATMENT TARGETS FOR ULT

For patients on ULT, the SUA level should be monitored, treated to <6 mg/dL (360 μ mol/L) and maintained. The exceptions are the elderly with limited life expectancy or when the patient has indicated a preference not to treat to target SUA and only for symptom control.

A lower SUA target (<5 mg/dL; 300 μ mol/L) is recommended for patients with tophaceous gout.

ULT should be stopped when the SUA level is <3 mg/dL (174 μ mol/L) as this is not recommended in the long term.

Some studies suggest that uric acid might protect against various neurodegenerative diseases such as Parkinson's disease, Alzheimer's disease, and amyotrophic lateral sclerosis.^{5,6}

HOW TO INITIATE

Types Of ULT:

1. Xanthine oxidase inhibitors: XO

Allopurinol (1st line)

Risk factors of allopurinol-induced serious cutaneous adverse reactions (SCAR) include the presence of HLA-B* 5801 allele, starting dose of allopurinol, and renal impairment. The frequency of HLA-B* 5801 prevalence is estimated at 18.5 percent in Singapore; 1 in 5 Chinese, 1 in 15 Malays, and 1 in 25 Indians. HLA-B* 5801 genotyping is available in Singapore but is not mandatory for patients starting allopurinol. It is important to bear in mind that this test needs to be interpreted correctly. Among 100 allopurinol users with positive HLA-B* 5801, only two patients may develop serious cutaneous adverse reactions (SCAR), while among 100 patients who test negative, almost all are not at risk of developing allopurinol-induced SCAR. Therefore, the test may deny many people who will not have developed SCAR from allopurinol a cheap and effective means to lower uric acid.

For patients with renal impairment or of an older age group and are deemed to be at higher risk of allopurinol-induced serious adverse reactions, the option of genotyping maybe a consideration. For patients who have already tolerated well to long-term allopurinol treatment, genotyping is not required.

Allopurinol should be started at a low dose (100 mg/day) even in patients with normal kidney function to reduce the likelihood of an early gout flare. A high starting dose increases the risk of SCAR.^{7,8} An optimal dose of allopurinol 300 mg/day achieves the SUA target of 6 mg/dL (360 μmol/L) in about 70-80 percent of patients.

Treatment with allopurinol can be titrated up to 600-900 mg/day. Compliance must be ascertained prior to escalating doses.

Allopurinol may be combined with a uricosuric agent (e.g., Probenecid) if target SUA cannot be attained in the presence of continued flares. Febuxostat or a uricosuric agent as an addition agent is indicated if allopurinol cannot be tolerated.

In patients with renal impairment, allopurinol should start low at 50 mg OM. Titration of the dose should be much slower to achieve and maintain the same target SUA as in patients with normal renal function.

Renal failure is associated with an increased risk of SCARs and poor outcome. Decreased renal function results in decreased clearance and higher serum levels of oxypurinol, which can induce a cytotoxic T-cell response and trigger hypersensitivity reactions in SCARs.

Febuxostat

Febuxostat is a potent non-purine selective xanthine oxidase inhibitor, which is metabolised in the liver and not excreted via the kidneys. Therefore, it can be considered for use in patients with allopurinol allergy or moderate to severe renal impairment. The normal daily dose of febuxostat is 80 mg.

Febuxostat has been found to be more effective in patients with CKD than allopurinol given at doses adjusted to creatinine clearance. Febuxostat should be avoided, or used with particular caution, in patients with high cardiovascular risk.

2. Uricosuric agents

Probenecid (1-2 g/day)

Do not use in patients with renal stones or renal impairment (creatinine clearance <30 ml/min).

Benzbromarone (50-200 mg/day)

This is not commonly used in the primary care setting and may not be effective when creatinine clearance <30 ml/min.

A review for side effects is recommended after 4-6 weeks with slow upward titration of ULT in every patient.

Prophylaxis with colchicine is recommended during the first six months of ULT. Recommended prophylaxis is colchicine, 0.5-1 mg/day, in which the dose should be reduced in patients with renal impairment. Clinicians should be aware of potential neurotoxicity and/or muscular toxicity with prophylactic colchicine in renal impairment or statin treatment. Co-prescription of colchicine with strong P-glycoprotein and/or CYP3A4 inhibitors should be avoided. If colchicine is not tolerated or is contraindicated, low dose prednisolone may be used but caution is needed in diabetics. Occasionally, as needed NSAIDs may be sufficient. As renal impairment increases the risk of colchicine toxicity, consider reducing colchicine dose or increasing dosing interval in patient with eGFR <30 mL/min/1.73 m².

REVIEW OF PATIENT AFTER 4-6 WEEKS

Side effects from medications and breakthrough gout flares should be monitored with full blood count (FBC), uric acid, alanine aminotransferase (ALT), and creatinine level (refer to **Table 1**). The patient can be counselled by a dietitian and nurse manager on lifestyle and diet.

Table 1: Side Effects of Allopurinol

Side effects	Warning signs	Things you need to do
Allergic reaction, especially skin reactions (if it occurs, it usually does so within the first few weeks to three months).	Skin rashes, itching, redness, burning sensation Fever, sore throat, red eyes, mouth sores, flu-like symptoms such as bodyaches or feeling unwell may be early symptoms	Stop medication and see a doctor immediately as this may be a serious allergy If the rash is mild, your doctor may re-introduce Allopurinol at a lower dose at another time
Reduced blood counts (rare)	There may be no warning signs but unusual bleeding or bruising, lip or mouth ulcers with flu-like symptoms may occur	Inform your doctor immediately if these symptoms occur Go for regular blood tests
Liver abnormalities	Usually none, jaundice may occur	Go for regular blood tests
Nausea, loss of appetite, or diarrhoea		Take medication after food or divide the dose into two to be taken within the day

Clearly document counselling and monitoring for side effects.

1. Instruct ACTION PLAN if patient develops any of the above:
 - Stop Allopurinol immediately. DO NOT take the next dose.
 - Stop taking medications (there is no need for permission from doctors).
 - Seek medical attention (A&E) and inform any doctor of new drug, allopurinol (even if it was started in the past 3-4 months).
2. Explain the SEVERITY (What happens if drug is not stopped in time):
 - Allergic reaction can affect internal organs like the liver and kidneys, and if the reaction is severe, death can occur.
3. End counselling on a reassuring note that you are accessible.
 - Call the clinic if those symptoms occur, and inform the patient that you will provide close monitoring.

COMMON FAQS:

1. What if I miss a dose?

If you miss a dose or forget to take your medicine, take it as soon as you remember it. If it is almost time for your next dose, skip the missed dose and continue with your regular schedule. **Do not** double the dosage to make up for the missed dose.

2. Should I continue or stop taking Allopurinol during an acute gout attack?

If you have been taking Allopurinol regularly, you should continue taking it during an acute gout attack, along with other medications to treat the acute gout attack.

3. Can I drink alcohol while taking Allopurinol?

Avoid or limit alcohol intake while on this medicine as alcohol can increase the amount of uric acid in your blood. Alcohol consumption can trigger acute gout attacks.

4. Are there any medications to avoid while on Allopurinol?

Allopurinol may increase the effects of warfarin, Azathioprine, and Mercaptopurine, and may increase the incidence of skin rashes in patients taking Ampicillin.

ACUTE TREATMENT FOR GOUT FLARES

An acute gout flare is an intensely painful and disabling inflammatory arthritis, usually involving a single joint, but occasionally involving two or more joints (refer to **Table 2**).

Acute flares should be treated as early as possible. Fully informed patients can be taught to self-medicate at the first warning symptoms.

Choose drug(s) based on contraindications, the patient's previous experience with treatments, time of initiation after flare onset, and the number and type of joint(s) involved.

Table 2: Gout Classification Criteria

Criteria (2015 ACR-EULAR) ⁹		Categories
		<i>Please select the highest category ever noted for each criterion.</i>
CLINICAL	Pattern of joint/bursa involvement during symptomatic episode(s) ever	Joint(s) <i>or</i> bursa(e) other than ankle, midfoot or 1 st MTP (or their involvement only as part of a polyarticular presentation)
		Ankle <i>or</i> midfoot (as part of monoarticular or oligoarticular episode without 1 st MTP involvement)
		MTP (as part of monoarticular or oligoarticular episode)
	Characteristics of symptomatic episode(s) ever: (i) Erythema overlying affected joint (patient-reported or physician-observed) (ii) Can't bear touch or pressure to affected joint (iii) Great difficulty with walking or inability to use affected joint	No characteristics
		One characteristic
		Two characteristics
		Three characteristics

Time-course of episode(s) ever: Presence (ever), irrespective of anti-inflammatory treatment: (i) Time to maximal pain <24 h (ii) Resolution of symptoms in ≤14 days (iii) Complete resolution (to baseline level) between symptomatic episodes	No typical episodes
	One typical episode
	Recurrent typical episodes
Clinical evidence of tophus: Draining or chalk-like subcutaneous nodule under transparent skin, often with overlying vascularity, located in typical locations: joints, ears, olecranon bursae, finger pads, tendons (e.g., Achilles)	Absent
	Present

Recommended therapeutic options for acute flare include:

1. Colchicine
2. NSAIDs
3. Corticosteroids

Colchicine

Colchicine may be used (within 12 hours of flare onset) at a loading dose of 1 mg followed by 0.5 mg an hour later on day 1 and/or colchicine tablets of 0.5 mg BD/TDS.

Use colchicine with caution in patients with severe renal or liver impairment.

Drug interactions between colchicine and strong P-glycoprotein and/or CYP3A4 inhibitors such as cyclosporin or clarithromycin and simvastatin may mean that it is safer to avoid colchicine.

In patients with frequent flares and contraindications to colchicine, use NSAIDs or corticosteroid (oral and injectable).

Combination therapy, such as colchicine and NSAID or colchicine and corticosteroids, can be prescribed for patients with particularly severe acute gout.

IL-1 blockers are prohibitively expensive and rarely used for treating prolonged refractory flares in the tertiary care setting. Acute infection is a contraindication to their use.

COX1 and COX2 Inhibitors

Avoid using in patients with renal impairment CKD 3 and active peptic ulcer disease.

Caution is needed in patients with known cardiovascular disease as an increased risk of myocardial infarction, stroke, and heart failure has been associated with these drugs, although whether such risk is increased in patients receiving short courses of NSAID for a gout flare is unknown.

There is no preference of one particular NSAID over others. Common NSAIDs (COX-1), indomethacin 50 mg TDS, naproxen 550 mg BD, and diclofenac sodium 50 mg TDS or (COX-2) Etoricoxib 90 or 120 mg OM (maximally for a week) can be used.

The total duration of NSAID therapy for a gout flare is five to seven days.

Corticosteroids

Oral corticosteroids may be used, especially in patients with renal impairment or drug allergies. Use prednisolone 30-35 mg/day for 3-5 days.

GENERAL ADVICE

1. Adequate hydration and rest
2. Removal of medication triggers, e.g., diuretics
3. Avoid high purine foods, sugar sweetened drinks, and alcohol (beer)
4. Apply ice packs

Case Study

Mr Tan, 60, is a smoker with diabetes mellitus (DM), hypertension, and chronic kidney disease (CKD) Stage 3, and recurrent gout flares lasting five weeks with increasing intensity and duration. He assumes it is due to frequent travel and lack of exercise. He comes today for routine review of his chronic diseases. Current laboratory results are creatinine 106mmol/l, eGFR 56 mL/min/1.73 m², uric acid 490 µmol/L, HbA1c 7.3%, random hypocount 8.5 mmol/L. He is on glipizide 5mg BD, metformin 250mg BD, amlodipine 5 mg OM. He complains of severe gout pain. He had always been reluctant to start definitive treatment, which you had previously mentioned. What will you do next?

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LEARNING POINTS

- **ULT is indicated in patients with recurrent flare >2 times per year, tophi, urate arthropathy, and/or presence of renal stones.**
- **While different xanthine oxidase inhibitors and uricosuric agents can be used, the indication for starting medication, action plan, and side effects must be explained to the patient.**
- **Prophylaxis (colchicine or low dose oral corticosteroids for those who cannot take colchicine) should be commenced during the early months of initiating ULT to reduce the risk of additional flares, which are common early in the course of ULT. Allopurinol should be continued during acute attacks for patients already on this.**
- **Management of comorbidities and risk factors, including chronic renal disease, obesity, diabetes, dyslipidaemia, and hypertension is crucial as part of holistic management including dietary and health lifestyle advice.**