

# Gout risk high in patients with sleep apnea

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Sleep apnea may increase the risk of developing gout, a new study shows.

Among 9865 patients with newly-diagnosed sleep apnea and 43,598 comparators of similar weight, investigators identified 270 new cases of [gout](#) over one year of follow-up, resulting in [incidence rates](#) of 8.4/1000 and 4.8/1000 person-years, respectively. The increased risk of gout was 60% higher among patients with sleep apnea.

"Since sleep apnea-associated hypoxia is treatable, our findings may have both important clinical and public health implications in the prevention and management of gout," said Dr. Yuqing Zhang, lead author of the *Arthritis & Rheumatology* study.

**More information:** Yuqing Zhang et al. Sleep Apnea and the Risk of Incident Gout: A Population-Based Body Mass Index-Matched Cohort Study, *Arthritis & Rheumatology* (2015). [DOI: 10.1002/art.39330](https://doi.org/10.1002/art.39330)

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