Hyperuricaemia and gout in New Zealand rural and urban Māori and non-Māori communities

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Summary: This investigation into the prevalence of gout and hyperuricaemia among Māori and non-Māori community samples recruited 751 participants aged 20–64 years by random selection from the electoral roll. Māori samples were selected from among those identified as being of Māori descent on the roll and who self-identified as being of Māori ethnicity at interview. Mean serum urate was 0.30 mmol/L. Compared with non-Māori, Māori had a significantly higher prevalence of hyperuricaemia (serum urate >0.40 mmol/L) (17.0% vs 7.5%; p=0.0003) and also gout (10.3% vs 2.3%; p<0.0001). Although 18 of the 57 patients with gout were receiving urate-lowering therapy, management was suboptimal, with serum urate was >0.36 mmol/L in 38.9%. Participants with gout were more likely to have comorbidities (metabolic syndrome, diabetes, cardiac disease or hypertension).

Comment: Another interesting review of rate and management of gout and hyperuricaemia between Māori and non-Māori. Management is critical.