Men With Gout Have 26% Higher Risk of Acute Myocardial Infarction

Men with a history of gouty arthritis have a significantly higher risk of developing an acute myocardial infarction, reported Dr. Eswar Krishnan of the University of Pittsburgh, and his associates. (Arthritis Rheum. 2006;54:2688-96).

The study is the first to show that among men with no previous history of coronary artery disease, gouty arthritis is a significant independent correlate of subsequent acute MI (JAMA. 2006;295:2659-66).

The finding comes from an evaluation of the Multiple Risk Factor Intervention Trial (MRFIT) data. Researchers of MRFIT, a randomized controlled trial of 12,660 men with mean age of 46 years, followed the group prospectively for approximately 6.5 years. Initial evaluation included BP and cholesterol measurement for each participant.

For MI types 1 and 2, the troponin or creatine kinase-MB level should be above the 99th percentile compared with appropriate control using an assay with a cutoff independent of assay imprecision of 10% or less.

Men with a history of diabetes, acute MI, a high cholesterol level (350 mg/dL or higher), a diastolic blood pressure of greater than 115 mm Hg, and body weight greater than 80% of ideal weight were excluded. In the original trial, the participants were randomized to a special intervention program that promoted smoking cessation and cholesterol reduction versus usual care, Dr. Krishnan and his associates reported.

—Sarah Pressman Lovinger