

Segment ID	Segment status	Source segment	Target segment
1	Translated (0%)	Talk to your doctor about gout (Crazy Foot Pain)	Tham nrog koj tus kws kho mob txog tus kab mob- <del>ke</del> taw vwm (Mob Taw Vwm)
2	Translated (0%)	What is gout?	Tus kab mob- <del>ke</del> taw vwm yog dab?
3	Translated (0%)	Gout is a type of arthritis.	Tus kab mob- <del>ke</del> taw vwm yog ib hom mob lub pob qij txha av xej.
4	Translated (0%)	Arthritis is a common condition that causes swelling and pain in your joints.	Kev mob lub pob qij txha av xej yog ib yam mob uas ua rau <u>os</u> thiab mob hauv koj cov pob qij txha.
5	Translated (0%)	Gout is caused by having too much uric acid in your blood.	Tus kab mob- <del>ke</del> taw vwm yog tshwm sim los ntawm kev muaj kua qaub uric huav cov ntshav ntau dhau <u>lawm</u> .
6	Translated (0%)	Uric acid is a natural waste product that your body makes when you digest certain foods and drinks.	Cov kua qaub uric yog ib yam khoom pov tseg uas koj lub cev tsim tawm los thaum koj zom cov zaub mov thiab haus qee cov dej qab zib.
7	Translated (0%)	When uric acid builds up, tiny crystals called urate crystals form.	Thaum cov kua qaub uric tsim tau ntau tuaj, cov pob zeb me-me hu ua pob zeb urate.
8	Translated (0%)	A common symptom of gout is tophi, which are rounded, swollen growths on your joints, such as your knuckles or ankles.	Tus tsos mob ntawm tus kab mob- <del>ke</del> taw vwm yog tophi, uas muaj kev loj hlob, <u>os</u> ntawm koj cov pob qij txha, xws li pob ntiv taws los sis pob taws.
9	Translated (0%)	What is the connection between gout and kidney disease?	Tus kab mob- <del>ke</del> taw vwm thiab mob raum sib cuam tshuam li cas?
10	Translated (0%)	Kidney disease can lead to gout, and gout may lead to kidney disease.	Kab mob raum tuaj yeem ua rau mob- <del>ke</del> taw vwm tau, thiab tus kab mob- <del>ke</del> tawm vwm tuaj yeem ua rau mob raum tau.
11	Translated (0%)	If you have either condition, talk to your doctor about preventing the other.	Yog tias koj muaj ib xwm txheej twg, nrog koj tus kws kho mob tham txog kev tiv thaiv lwm tus kab mob.
12	Translated (0%)	How does gout affect the Hmong community in the United States?	Tus kab mob- <del>ke</del> taw vwm cuam tshuam rau cov zej zog Hmoob hauv Teb Chaws Mes Kas li cas?
13	Translated (0%)	Gout is more common in the Hmong community than in other groups.	Tus kab mob- <del>ke</del> taw vwm <u>muaj</u> keev pom tshwm sim hauv zej zog Hmoob ntau dua li lwm pab pawg.
14	Translated (0%)	Hmong people with gout are more likely to have tophi than others.	<u>Cov Hh</u> moob uas muaj tus kab mob- <del>ke</del> taw vwm mas yuav muaj tophi (pob txha hlav) ntau dua lwm pawg neeg.
15	Translated (0%)	Hmong people are more likely to have gout symptoms at a younger age.	<u>Cov Hh</u> moob feem coob yuav muaj tus kab mob- <del>ke</del> taw vwm thaum hnuv nyoo tseem hluas.
16	Translated (0%)	Hmong people with gout have poorer kidney function than other groups.	<u>Cov Hh</u> moob uas muaj tus kab mob- <del>ke</del> taw vwm muaj feem ua rau lub raum tsis ua hauj lwm tau zoo dua li lwm pawg neeg.
17	Translated (0%)	What are the signs and symptoms of gout?	Cov cim qhia thiab cov tsos mob ntawm tus kab mob- <del>ke</del> taw vwm yog dab tsi?
18	Translated (0%)	The first gout attack may be in your big toe, but you can have gout in any of your joints.	Tus kab mob- <del>ke</del> taw vwm tshwm sim <u>thawi zaug thawm-zuag</u> -yuav ua rau mob hauv koj tus ntiv taw xoo, tab sis koj tuaj yeem muaj tus kab mob- <del>ke</del> taw vwm

			hauv ib qho twg ntawm koj cov pob qij txha los yeej tau.
19	Translated (0%)	You may notice:	Tej zaum koj saib pom tau:
20	Translated (0%)	Pain	Mob
21	Translated (0%)	Swelling	Os _____
22	Translated (0%)	Redness	Tawm pob liab
23	Translated (0%)	Warmth	<u>Muaj</u> <del>Hne</del> sov so
24	Translated (0%)	Stiffness	Nruj
25	Translated (0%)	How does gout affect my health?	Tus kab mob- <del>ke</del> taw vwm cuam tshuam nrog kuv txoj kev noj qab haus huv li cas?
26	Translated (0%)	Having gout can lead to serious health problems over time if not treated, including:	Kev muaj tus kab mob- <del>ke</del> taw vwm tuaj yeem ua rau muaj teeb meem loj txog kev noj qab haus huv yog tias tsis tau txais kev kho, xws li:
27	Translated (0%)	Tophi (clumps of urate crystals) on joints	Tophi (ua tej lub pob nqaij hlav) ntawm cov pob qij txha
28	Translated (0%)	Long term joint damage	Kev puas tsuaj ntawm cov pob qij txha ncua sij hawm <u>tau</u> ntev
29	Translated (0%)	Kidney stones (hard objects made of crystals and minerals that form in your kidneys)	Muaj pob zeb hauv lub raum (cov khoom tawv tsim los ntawm cov pob zeb thiab cov zaub mov uas tsim hauv koj lub raum)
30	Translated (0%)	Kidney disease and kidney failure	Tus kab mob raum thiab lub raum tsis ua hauj lwm
31	Translated (0%)	Chronic pain that affects your daily routine and mental health	Kev mob ntev uas cuam tshuam rau koj txoj hauj lwm hauv txhua hnuv thiab kev noj qab haus huv <u>ntawm koj txoj fab</u> <del>hlwb</del> kev xav
32	Translated (0%)	How can I prevent or treat gout?	Kuv tuaj yeem tiv thaiv los sis kho tus kab mob- <del>ke</del> taw vwm <u>tau</u> li cas?
33	Translated (0%)	If you have both gout and kidney disease, here are ways to keep both conditions under control and improve your health:	Yog tias koj muaj ob qho kab mob tib si ntawm tus kab mob- <del>ke</del> taw vwm thiab tus kab mob raum, ntawm no yog txoj hauv kev uas yuav tswj tau ob qho mob tib si thiab kev txhim kho koj txoj kev noj qab haus huv:
34	Translated (0%)	Drink at least eight, 8-ounce glasses of water every day.	Haus dej yam tsawg yim khob, 8-ooj txhua hnuv.
35	Translated (0%)	If your doctor has told you to drink less fluid due to kidney disease, ask them (or a dietitian) about managing your fluids and gout.	Yog tias koj tus kws kho mob tau hais kom koj haus dej tsawg vim muaj kab mob raum, ces nug lawv (los sis tus kws qhia kev noj haus) txog kev tswj koj cov- <del>kua</del> dej thiab tus kab mob- <del>ke</del> taw vwm.
36	Translated (0%)	Take your gout medicines exactly how your doctor tells	Noj koj cov tshuaj kho tus kab mob- <del>ke</del> taw vwm raws nraim li koj tus kws kho mob qhia rau

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37	Translated (0%)	Cut out foods that are high in purines.	Txiav tawm cov khoom noj uas muaj purines <del>siab</del> <u>ntau</u> .
38	Translated (0%)	Avoid sugary drinks like soda, sugary foods, and foods with high-fructose corn syrup.	Tsis txhob haus cov dej uas muaj piam thaj xws li dej soda, cov dej qab zib, cov khoom noj qab zib, thiab cov khoom noj uas muaj hmoov pob kws fructose <del>ntausiab</del> (hmoov pob kws los sis hmoov uas ua los ntawm txiv hmab txiv ntoo).
39	Translated (0%)	Avoid drinking alcohol, especially beer.	Tsis txhob haus dej cawv, tshwj xeeb tshaj yog npias.
40	Translated (0%)	Eat more fruits, vegetables, and whole grains.	Noj txiv hmab txiv ntoo, zaub, thiab mov nplej whole grains kom ntau.
41	Translated (0%)	If you can't eat certain foods because of kidney disease, talk to your doctor or dietitian about what to eat for gout.	Yog tias koj tsis tuaj yeem noj qee yam zaub mov vim muaj tus kab mob raum, nrog koj tus kws kho mob los sis <u>tus</u> kws qhia kev noj zaub mov tham <del>txog</del> seb yuav noj dab tsi txhawm rau tus kab mob <del>ke</del> taw vwm.
42	Translated (0%)	Ask your doctor what a healthy weight is for you.	Nug koj tus kws kho mob seb qhov hnyav npaum li cas thiaj zoo rau koj.
43	Translated (0%)	Exercise at least 30 minutes a day, 5 days a week.	Kev tawm dag zog yam tsawg kawg 30 feeb hauv ib hnuv, 5 hnuv hauv ib lub lim tiam.
44	Translated (0%)	Gout is a chronic disease, meaning it does not have a cure and will usually last your whole life.	Tus kab mob <del>ke</del> taw vwm yog ib yam kab mob ntev, txhais tau tias nws tsis muaj txoj hauv kev kho thiab feem ntau yuav <del>kav</del> nyob nrog koj mus tab ib sim neej.
45	Translated (0%)	1 out of 10 people with chronic kidney disease (CKD) has gout, and even more people with gout have kidney disease.	1 ntawm 10 tus neeg uas muaj kab mob raum <del>ntev</del> (CKD) uas muaj kab mob <del>ke</del> taw vwm, thiab tus neeg mob tus kab mob <del>ke</del> taw vwm kuj yuav muaj kab mob raum ntxiv tuaj.
46	Translated (0%)	CKD means you have lasting damage to your kidneys that can get worse over time.	CKD txhais tau hais tias koj muaj kev puas tsuaj mus ntev rau koj lub raum uas tuaj yeem ua rau mob hnyav zuj zus ntxiv thaum sij hawm dhau mus.
47	Translated (0%)	Learn more about gout and kidney disease at <a href="https://www.kidneyfund.org/gout">KidneyFund.org/gout</a>	Kawm paub ntxiv txog tus kab mob <del>ke</del> taw vwm thiab raum ntawm <a href="https://www.kidneyfund.org/gout">KidneyFund.org/gout</a>
48	Translated (0%)	Learn the truth about gout and kidney disease.	Kawm paub qhov tseeb txog tus kab mob <del>ke</del> taw <u>vwm</u> thiab kab mob raum.
49	Translated (0%)	Medicines can:	Cov tshuaj muaj peev xwm:
50	Translated (0%)	Help keep a healthy level of uric acid in your body, which can prevent gout attacks and health problems from gout.	Pab kom muaj <u>cov theem</u> kua qaub uric hauv koj lub cev kom muaj kev noj qab nyob zoo, uas tuaj yeem tiv thaiv kev tawm tsam ntawm tus kab mob ko taw vwm thiab teeb meem kev noj qab haus huv los ntawm tus kab mob <del>ke</del> taw vwm.
51	Translated (0%)	Treat pain and swelling during gout attacks.	Kho qhov mob thiab <u>o</u> thaum muaj kev tawm tsam ntawm tus kab mob <del>ke</del> taw vwm.
52	Translated (0%)	This campaign is made possible with the support of:	Cov phiaj xwm no tshwm sim tau los nrog kev txhawb nqa ntawm: