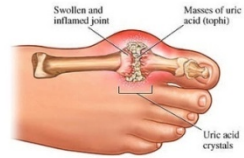


# Gout



## What is Uric acid?

Uric acid is the end metabolism product of purine (a specific compound found in some foods). Confusion arises between the purine and protein, but they're a totally different chemical structure however most foods that contain protein also have purines.



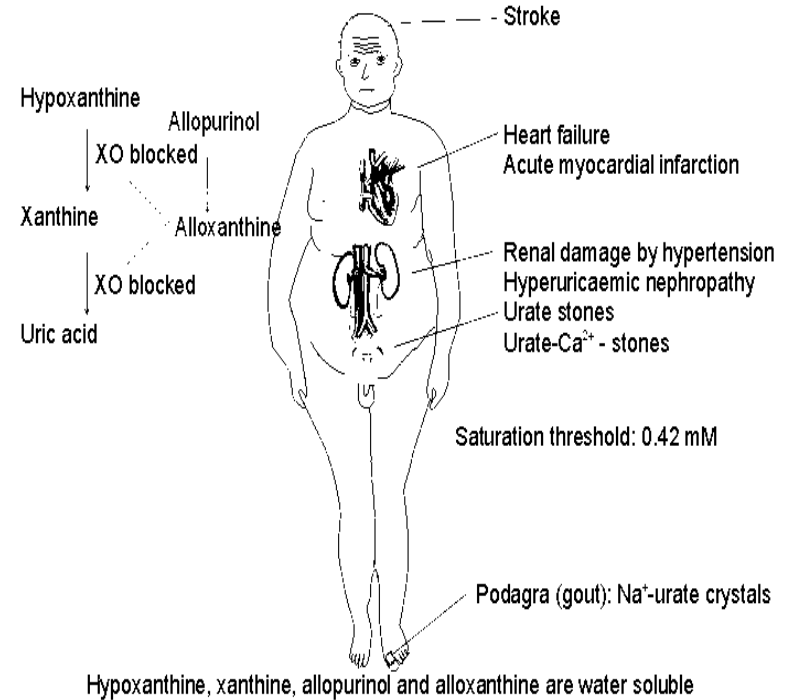
## What is gout?

Gout is a medical condition usually characterized by recurrent attacks of acute inflammatory arthritis—a red, tender, hot, swollen joint. The metatarsal-phalangeal joint at the base of the big toe is the most commonly affected. However, it may also present as tophi, kidney stones, or urate nephropathy. If untreated, these disorders can lead to joint destruction and renal damage.

## What causes gout?

Gout is caused by too much uric acid in the blood either because of overproduction or under excretion of it. It is caused by elevated levels of uric acid in the blood which crystallize and are deposited in joints, tendons, and surrounding tissues. Many people with high levels in their blood never get gout.

## Patient With Gout And Complications



## How is gout diagnosed?

- History and physical examination
- Joint fluid aspiration to look for uric acid crystals (the best way to confirm)
- Blood and urine: uric acid level

## What increases my risk?

Your chances of getting gout are higher if you are overweight, drink too much alcohol, or eat too much meat and fish that are high in chemicals called purines. Some medicines, such as water pills (diuretics), can also bring on gout.

## How gout is treated?

The goals of treatment for gout are rapid pain relief and prevention of future gout attacks and long-term complications, such as joint destruction and kidney damage. Treatment includes medicines and steps you can take at home to prevent future attacks.

## What medicines will I need to take?

For acute attack your doctor may prescribe one or more of following medications:

- Nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Avoid Aspirin)
- Colchicine
- Corticosteroids

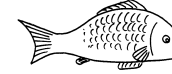
To prevent recurrent attacks:

- Uricosuric agents increase elimination of uric acid by the kidneys.
- Drugs called xanthine oxidase inhibitors decrease production of uric acid by the body.

## What can I do to prevent another gout attack?

- Control your weight.
- Limit alcohol, especially beer.
- Talk to your doctor about the medicines you take.
- Paying attention to what you eat may help you manage your gout.

## Which foods to avoid? (High in purines):



- Organ meats, such as liver, kidneys, sweetbreads, and brains
- Meats, including bacon, beef, pork, and lamb
- Game meats
- fructose-rich foods and beverages (with high-fructose corn syrup)
- Asparagus, dried beans (especially fava and garbanzo), mushrooms, peas, spinach, cauliflower
- Anchovies, sardines, herring, mackerel, and scallops
- Alcohol