

GOUT

Gout is a disease usually caused by having too much uric acid in your body.

URIC ACID

Uric Acid comes from the breakdown of substances called purines. Purines are found in all of our body's tissues. They are also in tissues and in many foods. Uric Acid dissolves in the blood and passes through the kidneys and out of the body in urine. If the levels of uric acid build-up in the blood, sharp uric acid crystals may form in the joints. The crystals cause pain and swelling. You may have too much uric acid in your joints when your kidney does not get rid of uric acid or when your body makes too much uric acid.

CAUSES OF GOUT

- Poor elimination of uric acid by the kidneys.
- Too much uric acid because of cancer or certain type of red blood cell disorders.
- Dehydration can cause excess levels of uric acid.
- Middle age men are prone to have gout, but it can occur at any age. Only 5 to 10% cases of gout occur in women, mostly after Menopause.
- Medicines can also effect the level of uric acid in the blood.

It is important to make sure your Healthcare Provider knows all the medicines you are taking, both prescription and non-prescriptions.

SYMPTOMS

- Sudden severe pain, especially of just one joint at a time.
- Redness • Swelling

DIAGNOSIS AND TREATMENT

- Blood test that show a High level of uric acid in your blood.
- Treatment includes anti-inflammatory medicines such as:
 - Indomethacin
 - Ibuprofen
 - Naproxen
 - Corticosteroid drugs, such as Prednisone and Colchicine.

The sooner the treatment is started, the sooner the symptoms will stop, which may be within 24 to 48 hours.

PREVENTION OF GOUT

- Eat a diet low in purines.
- Purine containing foods to avoid:
 - Red meat, organ meats as liver and kidney.
 - Shrimps, sardines, and beans.
 - Don't overindulge in alcohol.
 - Drink lots of fluids.
 - You may eat low fat and fat diary products such as cheese and yogurt.
 - Eat eggs in moderation.
 - Peanut Butter and nuts.
 - Limit chicken, beef, and pork.
 - Eat fruits and vegetables.

"Delight thyself also in the Lord and He shall give thee the desires of thine heart." Psalms 37:4 Amen!