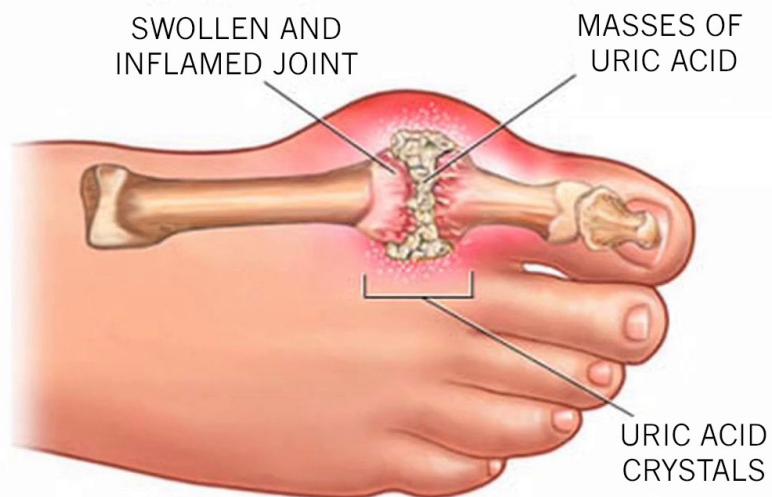


Gout



Gout is a type of arthritis that results from the build-up of uric acid in the tissues or a joint most often the joint of the big toe. An attack of gout can be miserable, marked by the following symptoms:

- Intense pain that comes on suddenly—often in the middle of the night or upon arising.
- Redness, swelling, and warmth over the joint—all of which are signs of inflammation.

Gout attacks are caused by deposits of uric acid in the joint. Uric acid is present in the blood and eliminated in the urine, but in people who have gout, uric acid accumulates and crystallizes in the joints. Uric acid is the result of the breakdown of purines, chemicals that are found naturally in our bodies and in food. Some people develop gout because their kidneys have difficulty eliminating normal amounts of uric acid, while others produce too much uric acid.

Gout occurs most commonly in the big toe because uric acid is sensitive to temperature changes. At cooler temperatures, uric acid turns into crystals. Since the toe is the part of the body that is furthest from the heart, it's also the coolest part of the body—and, thus, the most likely target of gout. However, gout can affect any joint in the body.

The tendency to accumulate uric acid is often inherited. Other factors that put a person at risk for developing gout include: high blood pressure, diabetes, obesity, surgery, chemotherapy, stress, and certain medications and vitamins. For example, the body's ability to remove uric acid can be negatively affected by taking aspirin, some diuretic medications ("water pills"), and the vitamin niacin (also called nicotinic acid). While gout is more common in men aged 40 to 60 years, it can occur in younger men and also occurs in women.

Consuming foods and beverages that contain high levels of purines can trigger an attack of gout. Some foods contain more purines than others and have been associated with an increase of uric acid, which leads to gout. You may be able to reduce your chances of getting a gout attack by limiting or avoiding the following foods and beverages: shellfish, organ meats (kidney, liver, etc.), red wine, beer, and red meat.

In diagnosing gout, laboratory tests and x-rays are often ordered to determine if the inflammation is caused by something other than gout.

Initial treatment of an attack of gout typically includes the following:

- Medications. Prescription medications or injections are used to treat the pain, swelling, and inflammation.
- Dietary restrictions. Foods and beverages that are high in purines should be avoided, since purines are converted in the body to uric acid.
- Fluids. Drink plenty of water and other fluids each day, while also avoiding alcoholic beverages, which cause dehydration.
- Immobilize and elevate the foot. Avoid standing and walking to give your foot a rest. Also, elevate your foot (level with or slightly above the heart) to help reduce the swelling.

The symptoms of gout and the inflammatory process usually resolve in three to ten days with treatment. If gout symptoms continue despite the initial treatment, or if repeated attacks occur you may be placed on a maintenance treatment that may involve daily medication. In cases of repeated episodes, the underlying problem must be addressed, as the build-up of uric acid over time can cause arthritic damage to the joint.

Diet for the Management of Gout

Diet plays a role in the management of gout. Strive to avoid high-purine foods since they increase the amount of uric acid in the blood and may trigger an attack of gout. Also avoid foods containing high-fructose corn syrup, which is also associated with gout flares. Fructose is a naturally occurring simple sugar found in fruit, vegetables and honey. In the form of high-fructose corn syrup, it has become an additive in many foods and drinks. There is a correlation between a diet high in fructose content and gout. In the typical American diet, high-fructose corn syrup is added to many foods.

High-purine Foods to Avoid

- organ meats, such as brain, sweetbreads, heart, kidney, and liver
- bacon
- turkey
- lamb
- venison
- herring, anchovies, smelt, and sardines
- mackerel, tuna, trout, haddock, and codfish
- mussels and scallops
- yeast
- beer, wine, and liquor

High-fructose Foods to Limit

All sweetened soft drinks, juices and foods with added high fructose corn syrup on the label, especially in sodas, fruit drinks, many breakfast cereals, many store-bought baked goods, many ice creams and candy. Processed foods such as those found at “fast food” restaurants.