

OUCH!

IS IT CHRONIC GOUT?

Understand, treat, manage and prevent the condition.



Gout is the most common type of arthritis and is caused by the build-up of uric acid crystals most often leading to painful inflammation in and around joints ^{1,2}



WHAT CAUSES GOUT?

Your body produces uric acid when it breaks down substances found naturally in your body called purines. Uric acid normally dissolves in your blood and passes through your kidneys into your urine. Sometimes your body either produces too much uric acid or your kidneys excrete too little uric acid. Uric acid can then build up and form urate crystals in a joint or surrounding tissue, causing pain, inflammation and swelling.^{3,4,5}

WHAT ARE THE SYMPTOMS OF GOUT?



GOUT



NORMAL

Gout usually begins with a sudden onset of pain, often at night.

The large joint at the base of the big toe is most often affected, but the instep of your foot, ankle, knee, wrist and elbow are also common sites.^{1,2,3,5}

The pain becomes progressively more severe, usually over a few hours, and is often excruciating. Swelling, warmth, redness, and exquisite tenderness may suggest infection. The overlying skin may become tense, warm, shiny, and red or purplish.^{3,6}

Factors that can cause uric acid to build up in the blood include:³

- Your body increasing the amount of uric acid it makes
- Your kidneys not getting rid of enough uric acid
- Eating too many foods high in purines

Factors that increase the uric acid level in your body include:^{1,4,7}

- Diet
- Obesity
- Certain medical conditions such as high blood pressure, diabetes, and heart and kidney disease
- Certain medications
- Family history of gout
- Recent surgery or trauma

Other symptoms of an attack sometimes include:³

- Fever (which may reach 38.9° C)
- A fast heart rate (tachycardia)
- A general sick feeling

The first few attacks usually affect only one joint and last for a few days. After repeated attacks, gout can become severe and chronic and may cause the joint to become deformed.³

TREATMENT MAY INCLUDE:³

- Medication to relieve pain and swelling resulting from inflammation
- Rest, immobilization of a painful joint with a splint, and ice
- Dietary changes and weight loss to lower the uric acid levels and help prevent further attacks
- Medication to prevent attacks by preventing inflammation caused by crystals
- Medication to lower uric acid levels and dissolve the crystals

Treatment Goals in Management of Gout³



Making certain lifestyle changes can help prevent future attacks of gout:^{8,9}



Limit alcoholic beverages and drinks sweetened with fruit sugar (fructose). Instead, drink nonalcoholic beverages, especially water.



Limit your intake of foods high in purines, such as red meat, organ meats and seafood.



Exercise regularly and losing weight. Keeping your body at a healthy weight reduces your risk of gout.

www.knowmygout.com
for more information



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The information provided is for educational purposes and does not replace the advice from your Doctor. For more information please speak to your Doctor or Pharmacist.



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