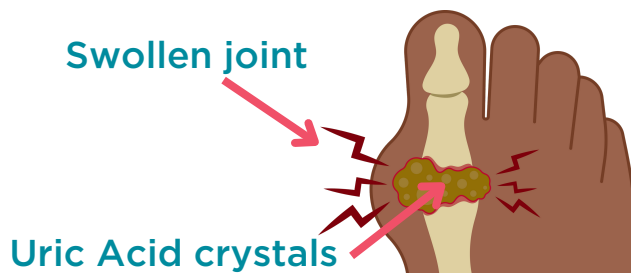


# Gout

Gout happens when there is too much uric acid in the blood and crystals form. These crystals can cause sudden pain and swelling known as gout attacks. When a large group of crystals form it is called tophi and this can hurt your joints and cause permanent damage.

## What are the signs?

With gout, you will feel intense joint pain, stiffness, and swelling.



## What are the causes?

The main cause of gout is uric acid. Certain medicines and foods can cause higher levels of uric acid in your body.

These can also raise your chance of getting gout:

- Smoking
- Being overweight
- Lack of Exercise

These foods are high in purine and make more uric acid.

<p>Alcohol, beer, red wine and liquor.</p>	<p>Red meat, processed meats, turkey and organ meats (kidney, liver).</p>	<p>Seafood like lobster, crab, shrimp, scallops, mussels, anchovies, sardines, herring, and mackerel.</p>	<p>Dark green vegetable's like kale, collard greens, and spinach.</p>



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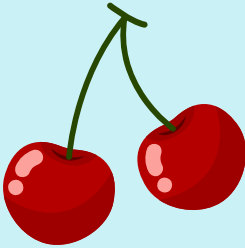

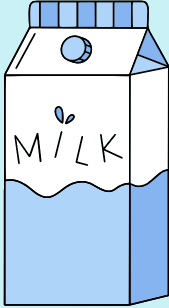



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## What are my treatment options?

Lifestyle changes	<ul style="list-style-type: none"> <li>• Limit foods listed above.</li> <li>• Lose weight and exercise.</li> <li>• Stop smoking.</li> </ul>
Medications	<ul style="list-style-type: none"> <li>• Take Aspirin, Tylenol, or Motrin for the swelling.</li> <li>• Get steroid shots to reduce swelling.</li> <li>• Take colchicine pills to prevent and treat gout.</li> <li>• Take a medicine that lowers Uric Acid.</li> </ul>
Joint protection	<ul style="list-style-type: none"> <li>• Protect your joints during a gout attack by resting and raising the pained joint above the heart.</li> </ul>
Monitoring	<ul style="list-style-type: none"> <li>• Plan to visit your doctor to keep track of your uric acid levels and change your treatments as needed.</li> </ul>

These foods have been found to help your gout.

			
Cherries are known to lower uric acid.	Omega fatty acids prevent swelling from gout. This can be found in fatty fish like salmon, flax/olive/nut oils, and nuts.	Low fat milk or dairy helps lower uric acid levels.	Water helps your kidneys flush out uric acid and prevents uric acid kidney stones.



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