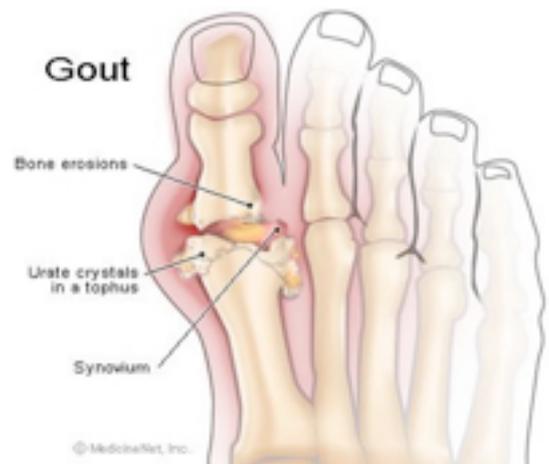


Health Journal Feb 2012

‘Disease of Kings’...back in historical time, gout was known to affect the mobility and wealthy. However, people suffering from gout is rising rapidly in developed countries. This is due to people are over nourished, high consumption of alcohol, overweight and more.....

Gout is actually a arthritic condition, which is caused by excessive level of uric acid in the blood stream. this leads to the build up of uric acid crystal being deposited in the articular cartilage of joints, tendons and surrounding tissue. This causes inflammation, pain and swelling, usually in one joint in your body , commonly known to affect the big toe but it can also affect other joints, including:

- heels
- arches of your feet
- ankles
- knees
- fingers
- wrists
- elbows

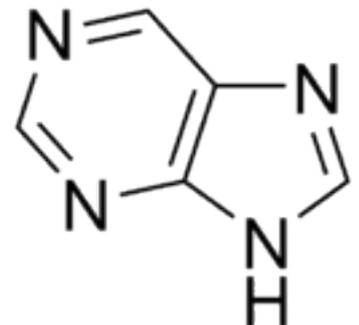


The symptoms:

- severe pain in the joint
- stiffness, swelling and warmth around the joint
- red and shiny skin around the joint
- mild fever
- firm, white lumps beneath the skin - these are urate crystals called tophi

The causes:

- Men between the age of 30 to 60 are most vulnerable
- Woman who has been through the menopause, but women are much less likely to develop gout than men
- Consume a diet that contains high levels of purines (see table), which are commonly found in red meat and seafood - urate is formed in your body when the purines in foods you eat and old cells in your body are broken down



Health Journal Issue 16. Feb 2012

- Drink too much alcohol
- Have a family history of gout
- Have kidney disease meaning that your kidneys don't pass enough urate out in your urine
- Being overweight
- Have high blood pressure
- A joint is previously injured
- Taking certain types of diuretics or cancer medicines

Aim to limit foods that have a high purine content, see table below:

Foods highest in purines (150-1,000mg/100g)	Foods high in purines (50-150mg/100g)	Foods lowest in purines (0-50mg/100g)
Anchovies	Other shellfish – crab, shrimps	Milk
Sardines	Eel	Nuts
Mackerel	Meat – beef, lamb, pork, veal	Eggs
Sweetbreads and some meats (veal, young beef, lamb, pork)	Game – rabbit, venison, pheasant	Cheese
Brain	Poultry – chicken, duck, turkey	Pasta, noodles
Kidney	Other fish – trout, herring, whitebait	Bread and cereals except whole grains (moderately high)
Liver	Meat soups	Cakes and biscuits
Heart	Legumes, beans, lentils, peas, soya	Chocolate
Meat extract e.g. Oxo	Asparagus	Ice cream
Scallops	Cauliflower and broccoli	Fats – butter, margarine
Mussels	Mushrooms	
Goose	Spinach	
Fish roe	Wheatgerm and bran	
Yeast extract e.g. marmite	Mycoprotein (Quorn)	



Diet & Exercise Management

The goals of management are to ease the pain and to avoid future attacks and long-term complications.

- Avoiding certain high-purine foods (See table) and include fresh fruits and vegetables (nuts and legumes), low-fat dairy and grain carbohydrates
- Keeping your body hydrated with non-alcoholic drinks can help flush uric acid from the blood. Limiting sweetened beverages, especially sugary sodas, is also advised
- Avoid more than a moderate intake of alcohol, particularly beer and liquor. This means no more than one drink a day for women and two drinks a day for men
- For individuals who are overweight, gradual weight loss will help to reduce level of uric acid in the blood and reduce the stress on weight-bearing joints i.e. hips, knees, ankles and feet. A combination of regular physical activity and healthy eating is the best way to lose weight safely and maintain a normal weight
- Have periodic check-ups that include testing your uric acid levels. Lowering and maintaining uric acid levels to less than 6.0 mg/dL is considered by many doctors a key management goal. Managing uric acid levels may help reduce the risk of future gout attacks



After getting through a first or even second gout attack, you may feel relieved and hope that it never happens again. However, attacks often become more frequent and more severe due to lack of gout management, and eventually the pain may become chronic and physical deformities may occur.

People who have gout also tend to have other health issues, such as obesity, kidney problems and cardiovascular disease, including high blood pressure, high cholesterol and hardening of the arteries. Increasingly science is showing that getting gout under control means lowering uric acid along with lifestyle changes and medication, which also can reduce risk of these other health issues.