

Common Forms of Gout: Outlining Your Risk Factors

Gout is known to be a rheumatoid form of arthritis that causes inflammation, intense pain, discomfort and swelling of the affected regions. Gout mainly tends to affect the joints, especially those of the lower body limbs, such as toes, heels, ankles, knees. In some cases, gout may cause inflammation of the elbows and hand wrists. Skin and soft tissue such as tendons and muscles can be affected by the disease, losing their versatility and elasticity.



The main cause of gout is the clustering of **uric acid** crystals in the arterial blood vessels, obstructing normal blood flow and causing inflammation. As a result of either excessive manufacture of **uric acid** in the body or renal insufficiency (sometimes the kidneys are unable to eliminate the surplus of uric acid), uric acid accumulates, crystallizes and deposits in different body parts. Food intake plays a major role in the development of gout. Some foods are rich in excess fat and purine, a substance that is synthesized by the organism into uric acid and therefore may aggravate the symptoms of gout. Smoking and the consumption of alcohol needs to be considerably reduced when suffering from gout, as these factors impact the secretion of uric acid, adding to its accumulation within the body.

- People who suffer from gout may experience sudden, unexpected pain episodes that tend to reoccur occasionally.
- This may be a first sign of chronic gout.
- The pain may also be more intense during the night in the case of some people who suffer from gout.
- Another form of gout, referred to as pseudogout, occurs because of the accumulation of crystallized calcium in the joints, instead of uric acid.
- Gout is more likely to be produced by men (almost 90 percent of individuals diagnosed with gout are male), usually after the age of 40.
- In some instances, women at menopause can be affected by the disease too.
- Gout rarely occurs to be able to children and young adults.
- Gout is considered to have a pronounced hereditary character.
- Research results indicate that some people who have problems with gout have a family history of the disease.
- Obesity is another important factor that leads to the development of gout.
- The organisms of overweight people tend to produce more uric acid.
- Obesity also increases the risks of injury at the level of the joints.



GoutUricUric AcidGout Foods

Other factors that may facilitate the development of gout are prolonged treatments with diuretics, prior surgeries, the presence of certain diseases that affect circulation or extreme medical treatments such as chemotherapy.

Is Very Important to Control Gout Through the Means of a Suitable Diet

It is best to keep away from cigarettes and alcohol, as these factors are known to worsen the disease. Drink plenty of water in order to facilitate the elimination of excessive uric acid (you should drink around 2 liters of water a day). Lastly, try to avoid a sedentary lifestyle; exercise regularly to be able to keep your body in good shape.

Find suggestions about nose types and blackheads on nose at the [Nose Problems](#) site.

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