

Gout Causes and Foods and Diet for Gout

Gout occurs when too much **uric acid** builds up in the blood and **uric acid** crystals precipitate in the cooler parts of the body such as the joints of the hands or feet. High levels of uric acid may also build up as lumps under the skin called tophi, or as kidney stones. Uric Acid is a waste product of the oxidation of **purines** which are constituents of nucleic acids such as Dna. Uric acid is normally excreted in the urine to keep up a concentration of uric acid in the blood vessels of around 4 mg/dL. When the concentration exceeds 7 mg/dL, crystals of monosodium urate start to form in the tissues. This condition is known as hyperuricemia.



*“ What are the symptoms of Gout? The symptoms of gout are redness of a joint, associated with inflammation, stiffness, and intense pain. Many people experience their first **gout attack** in the big toe, but additional joints such as the ankles, wrists, fingers, or elbows may be affected. The pain may be so severe in which even the pressure of bed sheets may be intolerable. A gout attack can be brought on by alcohol, or foods an excellent source of purines like shellfish, caviar, sardines, anchovies, meats, or organ meats that are commonly used in sausages. A study over a 12-year period of 47,000 adult men revealed that those who consumed the most red meat or seafood elevated their risk of gout by as much as 50%. 6 Many gout attacks get better within a few days, even without treatment, and they may not recur for many months or years.*

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How is Gout Diagnosed? Gout is identified based on family history, specific signs and symptoms, and laboratory tests. Diagnosis of gout is confirmed by the determination of high levels of uric acid in the blood, monosodium urate crystals in the fluid of an inflamed joint, more than one attack of serious arthritis, and the involvement of only one joint such as the bottom, ankle, or knee.

How is Gout treated? Because gout episodes are so painful, patients demand some kind of gout treatment, even though the treatments for gout are not very effective and have undesirable side effects. The most common treatments include the administration of nonsteroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen, indomethacin and naproxen. Aspirin is not used because it aggravates hyperuricemia by improving uric acid retention. 17 These drugs can cause stomach pain, bleeding and ulcers, and over and above a certain dosage, they do not provide additional relief.

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*“ **Natural Remedies for Gout** Gout is a form of joint inflammation that is caused by excess uric acid in the body. This happens due to poor diet, stress and not enough sleep. Gout causes a sudden and severe pain - you ll notice the skin over the affected joint is usually red and...*



GoutUric AcidUricGout AttacksJoint PainPurinesGout SymptomsGout

Corticosteroids, for Example Prednisone, are Approved for Severe Cases of Gout

Even though these types of steroids can provide relief, they also have serious side effects, including thinning bones, poor wound healing, along with a weakened immune system. Cortisone injections into an impacted joint are generally limited to no more than three each year because of the side effects.

Allopurinol, probenecid, and colchicine are sometimes prescribed in daily doses to reduce the risk or lessen the severity of future episodes. Allopurinol blocks the formation of uric acid, probenecid decreases how often of attacks of gout simply by increasing the kidney's excretion of uric acid, and colchicine may relieve swelling and help prevent the frequency of gout attacks. These drugs speed the elimination of uric acid from the body, and also they also slow down the rate at which it is produced, nevertheless they may cause nausea or skin rashes as side effects.

Some new drugs for the treatment of gout include febuxostat (Uloric) which has been available since 2009 for the chronic management of hyperuricemia in patients with gout. It is a xanthine oxidase inhibitor that actually works by decreasing the amount of uric acid made in the body. Febuxostat must be taken daily and it may take several months before it begins to prevent gout attacks. As a side effect, febuxostat may cause increased levels of liver enzymes in the blood that may be a sign of liver damage.

Pegloticase (Krystexxa) is a urate oxidase enzyme that catalyzes the conversion of uric acid to allantoin which is five to ten times more disolveable than uric acid. In 2010, the FDA approved pegloticase for treatment of **gout patients** who can not endure or do not respond to conventional therapy. Peglioticase is actually employed every two weeks by intravenous infusion. Nausea, vomiting and allergic reactions have been reported as side effects.



*“ **Domenic Golden** Domenic is a head content marketing specialist at [musclenstress.com](#), a collection of articles on health issues. In the past, Domenic worked as a post curator for a well-known health site. When he's not writing posts, Domenic enjoys drawing and rock climbing.*

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