

# How is Gout Diagnosed? - The 4 Diagnosis Procedures

**Y**ou even think there is a chance you have gout, it is crucial to your future health that you will get a proper diagnosis early on so you can learn to be able to overcome your **gout** signs and symptoms.



## There are 4 Diagnosis Procedures to Help Figure Out If You Have the Disease...

### Physical Exam.

- Physical exam is necessary in order to diagnose gout.
- Your medical history and your families medical history needs to be evaluated, as well.

*The indications of gout are red and shiny skin on the affected area, which is caused by tophi below the skin.*

### Blood Test

Blood test can determine the levels of **uric acid** present in the particular blood; however, this is not a quick and easy method for a good diagnosis. The reason for this is if the patient is in a gout attack, the **uric acid** amounts can register in a normal range.

However, high **uric acid levels** do not necessarily mean there is a presence of gout in the body.

### X-Rays

X-rays should be taken. They can help to determine whether or not there are tophi crystals about joints and under the skin. However, even x-rays will frequently show the joint parts to be normal.

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*Natural Gout Treatment - Which Vitamins Are Good For Gout? Download this image from Dreamstime.com Only a few vitamins have been really researched as contributors in order to a natural gout remedy. You are vitamin c which a few studies have found lowers uric acid levels to some degree. I have written...*

### Arthrocentesis

This will be a more reliable procedure for the correct diagnosis.

- The procedure consists of drawing a sample of synovial fluid, with a syringe and needle, in the affected joint.
- A microscope is then used to examine the fluid.

*There is a presence of monosodium urate (MSU) crystals in the fluid it will mean there is a presence of gout.*

### Are You or Somebody You Love Suffering from Gout?

Discover more information about Gout And Minimizing [Gout Symptoms](http://www.squidoo.com/all-about-gout) at All About Gout at <http://www.squidoo.com/all-about-gout>.

- Are you making the right choices for the health issues.
- Debbie has been researching natural health care treatments and remedies.
- In doing so, she has created relationships with certain experts and in recommending their products may receive compensation.



“ **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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