

## What Is Gout and How can you Deal With It?

**G**out is a type of arthritis that causes painful, red, inflamed joints. Although nearly any joint in the body can be affected (such as the knee, shoulder, ankle, fingers and toes) the most commonly involved combined is located at the base of the big toe. Gout (also called gouty arthritis) is characterized by sudden inflammatory reactions or attacks that frequently happen in the middle of the night or during the early morning hours.



This condition occurs when this kind of high levels of **uric acid** build up in the body that the **uric acid** starts to solidify, resulting in the formation of tiny crystals. These uric acid crystals can accumulate in parts of the anatomy, especially in joints and connective tissues in the lower half of the body. Not only can the build up of uric acid crystals temporarily injure joints, but permanent damage can be done to joints and surrounding tissues if the disease remains untreated.

### Gout Has Multiple Causes and Risk Factors Associated With It

For example, being overweight increases the chances of getting this kind of arthritis. Gout typically affects men. Diets that are high in red meat (especially game meats), certain seafood (such as sardines, trout, scallops, and mackerel), gravy, and alcohol increase the odds of developing gout. It is for this reason that gout has been historically associated as a disorder that targets the rich upper class. Certain medications (such as aspirin) and chronic health conditions can increase your chances of getting this disorder. Genetic factors also play a role. An injury to the joints can bring about a **gout attack** in people who currently have high levels of uric acid.



GoutUric AcidUricGouty ArthritisPurinesGout Flare UpsUric

- Symptoms of gout include attacks of extreme pain in the joints, especially concerning the big toe (a condition known as podagra).
- In addition to pain, many people experience a red discoloration of the surrounding skin and a loss of joint mobility.
- These episodes can last for several days next will gradually subside.

Effective prevention and treatment of **gouty arthritis** involve several important lifestyle changes. People who suffer from obesity should speak with their healthcare supplier about a diet and exercise program that fits their specific needs. Weight needs to be dropped slowly but consistently in order to avoid triggering gout flare-ups. All people suffering from this kind of arthritis must limit their ingestion of foods high in **purines** because purines are the chemicals in our food that the body metabolize into uric acid. Other dietary changes include: restricting alcohol intake, avoiding high fructose corn syrup, and drinking more water.

Speak with your doctor if you suspect that you have gout, and also to see if you are a candidate for receiving medications to lower **uric acid levels**. More natural forms of treatment include eating one cup of fresh cherries a day (or drinking cherry juice), because this looks to reduce the risk of recurrent gout attacks. Some people claim that drinking a tablespoon of apple cider vinegar diluted in water each day can increase the interval between attacks.

### About Author:

Rachelle Kirk writes about natural health, well being, and chiropractic care. When you are looking for natural pain relief for arthritis, sciatica, migraines and other health conditions then <http://www.backinaction.net> is the perfect place for you.



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