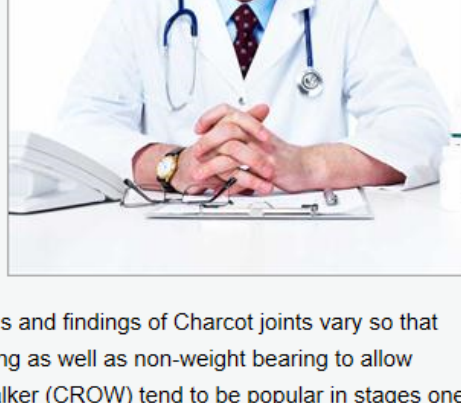


Athena Pheromone 10X: Gout: Not just for Men

Gout, a form of arthritis that seems to be more common in men than in women, really does not discriminate according to gender. Women can suffer from this painful condition, too, especially after menopause. Some studies even suggest that there is a definite increase in women with gout, particularly among the aging female population. The exact reason for the rise of gout among women remains uncertain. An Increase in age, obesity, alcohol consumption, high blood pressure, and diuretic use have traditionally been associated with the risk of developing gout among women and men.



Treatment of Charcot Joints

The hallmark of treatment of Charcot joints is early diagnosis and prevention. The signs and symptoms and findings of Charcot joints vary so that each case requires careful evaluation. Treatment of Charcot joints of the feet may include rest, throwing as well as non-weight bearing to allow adequate time for fracture healing. Total contact casting or the use of a Charcot Restraint Orthotic Walker (CROW) tend to be popular in stages one and two. The goal is to limit weight bearing to enable progression to be able to stage three. This kind of progression can take from weeks as much as 6 months. Electrical stimulation, or perhaps bone stimulation, is a trendy adjunct to non-weight bearing or sending your line.

Charcot Joints Occur When a Chance to Sense Deep Pain is Lost or Diminished

As a result of the inability to sense pain, small fractures begin to develop in areas of stress such as the arch of the foot. The normal response to a fracture is swelling and increased blood flow (reflex vasodilatation) to the affected area of bone. The increase in blood flow tends to 'wash away' calcium from the fracture site, resulting in weakening of the bone and also additional fractures. In the event that the normal protective device, pain, stays absent, a cycle of increasing fracture activity starts with progressive fall of the supporting bone.

All Arthritides Attribute Pain

Pain patterns may be different depending on the arthritides and the location. Rheumatoid arthritis is normally worse in the morning and related with stiffness, in the early stages, people often have no symptoms after their morning shower. In the aged and children, pain might not be the most important presenting feature, the aged person simply moves less, and the child refuses to be able to use the affected appendage.

Symptoms: The symptoms of Charcot joints vary based on the location and severity of the condition. The sign is localized edema (swelling) of the joint or important joints. The actual edematous area may exhibit increased temperature change. Often, the first noticeable indicator in which a patient with advanced sideline neuropathy will notice is the fact that their shoes have become tight or they will have difficulty appropriate into a pair of shoes that have fit well for some time.

- Pap J, Myerson M, GirardP, et al: Save with arthrodesis in intractable diabetic neuropathic arthropathy of the foot and ankle.
- J Bone Joint Surg Am 75:1056, 1993

Author:

Gout, is not just a disease for men. It is also in increasing numbers of women suffer from gout. Colcrys 0.6 mg tablets may be prescribed for prevention and treatment of gout. Check out more gout information at <http://www.colchicine.ca/>

- Obesity is another important factor that leads to the development of gout.
- The organisms of overweight people have a tendency to produce more uric acid.
- Obesity also increases the risks of injury at the level of the joints.
- Did you know that there are more than 100 types of arthritis?
- Common arthritis symptoms of inflammation, pain, and stiffness are usually caused by degenerative arthritis.
- Other types of arthritis consist of rheumatoid arthritis and gout.
- Low bone mass implies that bones have less than most select amounts of calcium and other minerals that make your bones strong.
- As a result of low bone mass, bones become weak and break, or can crack, break more easily.
- Bone fractures often take place from falling or even tripping or even other common accidents.
- Spine fractures can occur while doing daily activities without any stress.

The problem in diagnosing this condition is the lack of symptoms that are due to peripheral neuropathy. Peripheral neuropathy makes it impossible for the patient to be able to speak in terms that would be understood by the general population such as 'my toes hurt'. As a result, the physician needs to rely more on testing and less on the history and physical examination.

The main cause of gout is the clustering of uric acid crystals in the arterial blood vessels, obstructing normal blood flow and producing inflammation. Because 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 usually 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 ought to be considerably reduced when suffering from gout, because they factors affect the secretion of uric acid, causing its accumulation within the entire body.

- Type 3A - Ankle joint - 9% of all Charcot deformities.
- Type 3B - The posterior calcaneus.
- Type 4 - Multiple elements of the foot and/or ankle.
- Lavine LS, Grodinsky AJ: Current ideas review: electrical stimulation of repair of bone.
- J Bone tissue Joint Surg Am 69: 626, 1987

One thing that we do know is that we have a larger aging population than in the past, and it continues to grow. The number of women who develop gout has doubled. Women need to consult with their doctors if they think that they are experiencing the pain of undiagnosed gout. Because it has been traditionally associated with men and ageing, often women are not diagnosed as early as they could have been, postponing treatment. Colcrys 0.6mg tablets might be prescribed for prevention and treatment of gout.

- Differential Diagnosis: The differential diagnosis for this condition should include;
- Arthritis rheumatoid and osteoarthritis Bone tumor Diabetic osteolysis
- Any situation that contributes to the loss of sensation of the foot may be described as a cause for a Charcot combined.
- Some of the people conditions include;
- Medications which may be a contributing cause of Charcot joints include;
- Injectable and systemic use of steroids Phenylbutazone Indomethacin Vincristine

“ Some people who have chronically high blood levels of urate (commonly referred to as uric acid) will go on to develop gout, but few people. In fact, up to roughly 2/3 of the population who have higher levels of urate do not become victims of gout. Why? No one really knows for sure. Could it for women who live less tolerance for higher levels of uric acid since before menopause their levels are generally much lower? Once again, the jury is out on this one.

Weak Bones Should Not Just be Excused as a Natural Part of Aging

Strong bones begin in early childhood. People of all ages can improve their bone health. Bone is connective tissues that contain a hardened matrix of mineral salts and also collagen fibers. Its cells include osteocytes, that are embedded within lacunae, and the free-roaming osteoblasts as well as osteoclasts. Bones support body structures, protect internal organs, and in conjunction with muscles facilitate movement, are also involved with cell formation, calcium metabolism, and mineral storage. The bones of an animal are, collectively, known as the skeleton.

X-Rays Would be the Single Most Useful Tool in Diagnosing Charcot Joints

Bone scans are helpful in the early phases of Charcot joints and are sensitive indicators of hyperemia (increased blood flow to the area of the fracture). Surface skin temperature is the most reliable indicator of the activity of the fractures. Most doctors do not keep the necessary equipment to be able to measure skin temperature but merely measure with direct touch in order to sense the presence or lack of warmth.

Surgical procedures for Charcot joints are often challenging not only due to the complexity of this condition but also due to the fact that these patients are usually bad surgical candidates due with health problems (co-morbidity). Surgical procedure may include reconstruction of the arch and/or combined fusion. Frequently, surgical procedures are used to return the foot to a shape that can be accommodated by typical base wear. Stage three Charcot deformities often result in piles, bump as well as unusually shaped feet as a result of bone alterations. Reshaping the foot may be used to get rid of a boney prominence on the top or bottom of the foot.

- Lavery La, Armstrong DG, Walker SC: Recovery rates of diabetic foot ulcers associated with midfoot fracture due to Charcot's arthropathy.
- Diabet Med 14:46, 1996

Diabetes mellitus Tabes dorsalis (neuropathy caused by syphilis Hansen's Disease (Leprosy) Tumors from the spinal cord Degenerative change of the spinal cord or peripheral nerve Amyloid Familial-hereditary neuropathies including Charcot-Marie Tothe Disease, Hereditary sensory neuropathy and Dejerine-Sottas Condition Pernicious Anemia.

Fracture Gout Idiopathic edema Lymphedema Pseudogout Septic arthritis (infected joint) Soft tissue tumor Additional references include;

- The most typical area of the foot to be effected by a Charcot joint is the middle of the arch.
- Charcot joints can also develop in the rearfoot and ankle but are much less common.
- One of the most common cause of Charcot joints of the foot is peripheral neuropathy due to diabetes mellitus.
- By looking at the root of the problem and relieving the pain, try Nana Flex Or NanaFlex Cream .
- The anti-inflammatory natural skin oils in this mix tend to be aimed at blocking the enzymes that elevate producing arthritis pain and inflammation.
- And also this increases the flexibility of the affected joint.
- Sticha RS, Frascione ST, Wertheimer SJ: Major arthrodesis in patients with neuropathic arthropathy.
- J Foot Ankle Surg 35: Frykberg RG, Osteoarthritis.
- Clin Podiatric Med Surg 4:351,
- Type 1 - Lisfrank's joint - 27-60% of all Charcot joint deformities of the feet.
- Type 2 - Chopart's joints as well as subtalar joints - 30-35%.

Grady, J.F., et al: The use of electrostimulation in the treatment of diabetic neuroarthropathy J. Am. Podiatric Med. Assoc. 90(6): 287-294, 2000
Sinha, S., Munichoodappa, C.S., Kozak, G.P: Neuroarthropathy Charcot Joints) in diabetes mellitus. Medicine (Baltimore)

The description of Charcot joints dates back in order to 1703 when neuropathic osteoarthritis was first described by W. Musgrave. Charcot is credited for his work in 1968 for describing gait anomalies of patients with syphilis (tabes dorsalis). Jordan, in was the first to describe a relationship of diabetes to neuropathic arthropathy.

The most common complicating factor of a Charcot joint of the foot is the prominence that evolves on the bottom of the foot, referred to as a 'rocker bottom' foot. This condition occurs as the bones of the arch collapse. In an advanced rocker bottom foot, the inability to perception pain gets a complicating factor for the skin. As the bone fragments places more pressure on the skin, the skin begins to ulcerate and becomes afflicted.

- 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, like toes, heels, ankles, knees.
- In some cases, gout may cause inflammation of the elbows and hand wrists.
- Skin and soft tissue such as muscles and muscles may also be affected by the disease, losing their versatility and elasticity.
- Eichenholtz SN: Charcot Joints, Charles C.
- Thomas, Springfield, Il 1966 Giurini JM: Applications as well as use of in-shoe orthoses in the conservative management of Charcot foot deformity.
- Clin Podiatric Med Surg 11: 271, 1994

1966 Eichenholz proposed a category of Charcot joints which is broken down into three distinctive stages. Stage one, or the development stage, shows debris surrounding the joints on xray. Stage one can develop over a period of days to weeks and is radiographic change that occurs in response to unperceived trauma. Stage two is the coalescence stage. In stage two, the bone actually starts to heal with assimilation of debris and healing of large fracture fragments. Stage three, often called the reconstruction or reconstitution stage, note a reduction in bone turn over and reformation of stable bone structure. Stage 0 had been added in 1999 by Sella and Barrette to include patients who exhibit clinical symptoms of Charcot arthropathy but have yet to show radiographic changes.

- As the number of women who have gout increases, there are other problems that can also arise.
- For instance, women with gout may be 39% more likely to have a heart attack according to some studies.
- However, the increase in the risk of heart attack for men with gout is far less.
- Gout is actually more likely to be developed by men (almost 90 percent of men and women 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 happens to children and young adults.
- Other factors that may contribute to leading to neuropathy, and subsequently, Charcot joints include;
- Alcoholic neuropathy Congenital insensitivity to pain Pott's Disease (tuberculosis of the spine)

Find suggestions about nose types and blackheads on nose at the Nose Problems website.

- Bassett CA, Mitchell SN, Norton L, et al: Repair of non-unions by pulsing electromagnetic fields.
- Acta Orthop Belg 44: 706,

Acta the Actual Author:Jeffrey a

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Arthritis is a Joint Disorder Causing Inflammation

A joint is an area of the body where two different bones meet. A combined functions to move the body parts connecting by its bones. Arthritis means inflammation of one or more joints. Arthritic diseases contain rheumatoid arthritis and psoriatic arthritis, which are autoimmune illnesses, septic arthritis, brought on by joint infection; and the more common osteoarthritis, or degenerative joint disease. Arthritis can be caused from traces and injuries caused by rhythmic motion, sporting activities, overexertion, and falls. Arthritic joints can be sensitive to weather changes. The increased sensitivity is thought to be caused by the affected joints improving extra nerve endings in an attempt to protect the joint from further injury.

The Improvement of a Charcot Joint May be Rapid and is Determined by a Number of Variables

Any ability to perceive pain may lead to a more prompt diagnosis due to a patient's concern relating to their abilities to complete an average day. Full loss of deep pain sensation may delay early on diagnosis. Charcot joints are easily confused with osteoarthritis, that is handled much less aggressively than a Charcot joint.

- The category proposed by Brodsky in 1992 includes the location of the Charcot joint which is commonly used in clinical practice these days.
- Brodsky's category is as follows;

Saltzman, CL, Johnson KA, Goldstein RH, et al: The patellar tendon-bearing brace as treatment for neuropathic arthropathy: a dynamic force monitoring study. Foot Ankle 13: 14, 1992

- People who suffer from gout may experience sudden, unexpected pain episodes that tend to reoccur regularly.
- This may be a first sign of chronic gout.
- The pain is sometimes more intense during the night in the case of some people who suffer from gout.
- Another kind of gout, referred to as pseudogout, occurs because of the accumulation of crystallized uric acid in the joints, rather than uric acid.

Some Facts Surrounding the Probability of Developing Gout Show Consistency

Men between the ages of 40 and 50 appear to be the very best candidates. Women rarely show symptoms before menopause. Children and young adults are even less likely to be stricken with this painful disease. Heredity has a bearing on whether a person develops gout. Having a genetic predisposition makes up about about 18% of the instances.

Type 5 - The forefoot. Charcot joints are often not diagnosed until they produce another problem that has an effect on a patients normal actions. These may be as simple as a good inability to fit into shoes, or as severe as an infected ulceration of the foot. By this stage, the Charcot deformity has in all likelihood progressed to a point where there is massive displacement of the bones and joints along with numerous displaced fractures.

- Gout is considered to have a pronounced hereditary character.
- Research results show that some people who suffer from gout have a family history of the disease.
- Banks As, McGlamry ED: Charcot Fott.
- JAPMA 79:213, 1989 Pinzur Ms, Sage R, Stuck R, et al: A treatment algorithm for neuropathic (Charcot) midfoot deformity.
- Foot Ankle 14: 189, 1993

Strong Bones Hold Up, Support Us and Therefore are the Structure for Our Muscles

Bones are a storehouse for essential minerals needed to live. Strong bones protect the heart, lungs, brain, and other organs from injury. Fragile bones frequently effect in painful and decline fractures. Hip cracks are usually the most damaging type of bone crack and account for almost 300,000 hospitalizations each year.

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

- Reinherz RP, Cheleuitte ER, Fleischle JG: Identification and treatment of the actual diabetic neuropathic foot.
- J Foot ankle Surg

Nomenclature: reflex vasodilatation - increased flow of blood to an area in response to inflammation Rocker bottom foot - a popularity which forms on the sole or even bottom of the foot as a result of the collapse with the arch

- Cleveland M: Surgical fusion of unpredictable joints due to neuropathic disturbance.
- Am J Surg 43: 580, 1939 Wilson M : Charcot foot osteoarthritis in diabetes mellitus.
- Mil Med 156: 563, 1991

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 aggravate the disease. Drink plenty of water to be able 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 in order to keep your body in good shape.

- Arthritis is a group of conditions involving harm to the joints of the body.
- The most common form of arthritis, osteoarthritis is a result of trauma to the joint, contamination of the joint, or age.
- Steven Johnson is interested in maintaining a vital, active, and healthy lifestyle.
- For information and products on natural pain relief and other life-enhancing nutrients please visit his website Alternative Health Supplements.

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