

Gout

What is it?

- **Crystal (uric acid)** deposits in the joints causing inflammation (hyperuricemia)
- **Proteins**- form purines, purine form uric acid form crystals and start in the big toe and move to the joints of the body-starts in the big toe and moves to the joints of the body, acute arthritis, usually in knees/feet



What causes it?

- High Fat, High Protein Diet, Alcohol, Fatigue, Emotional Stress, Illness
- Hereditary enzyme abnormality, blood cancer, kidney disease

Is it Serious?

- 20% develop kidney stones, 1 million in US affected
- Fever, chills, sick feeling, rapid heart beat
- Severe deformity may develop

What can I do?



- Drink plenty of fluid
- **Avoid- Alcohol and Alcoholic Beverages**
- **Eating**- < 5 to 6 oz. of Protein rich foods
- Decrease weight, and exercise daily



Checkups:

- **See Health Care Provider**- as needed
- **Colchicine**-pain subsides after 12 to 24 hours and gone 48 to 72 hours (May cause diarrhea or bone marrow damage)
- **Allopurinol**-blocks production of uric acid (can cause liver damage, skin rash, decrease white blood cells, upset stomach)
- **Aggravated by**- alcohol and exposure to cold
- **Talk with RD about Foods to AVOID in Diet**- fried foods, gravies, sauces, bacon, ham, sausage, luncheon meats, Vienna sausage, potted meat, tuna in oil, rich cakes, pies, pastries, casseroles, pizza, and high fat foods

