

GOUT

GOUT DEFINITION

- Gout is one of the most painful forms of arthritis. It occurs when too much uric acid builds up in the body.
- You are more likely to get gout if you:
 - Are a man.
 - Have family member with gout.
 - Are overweight.
 - Drink alcohol.
 - Eat too many foods rich in purines.



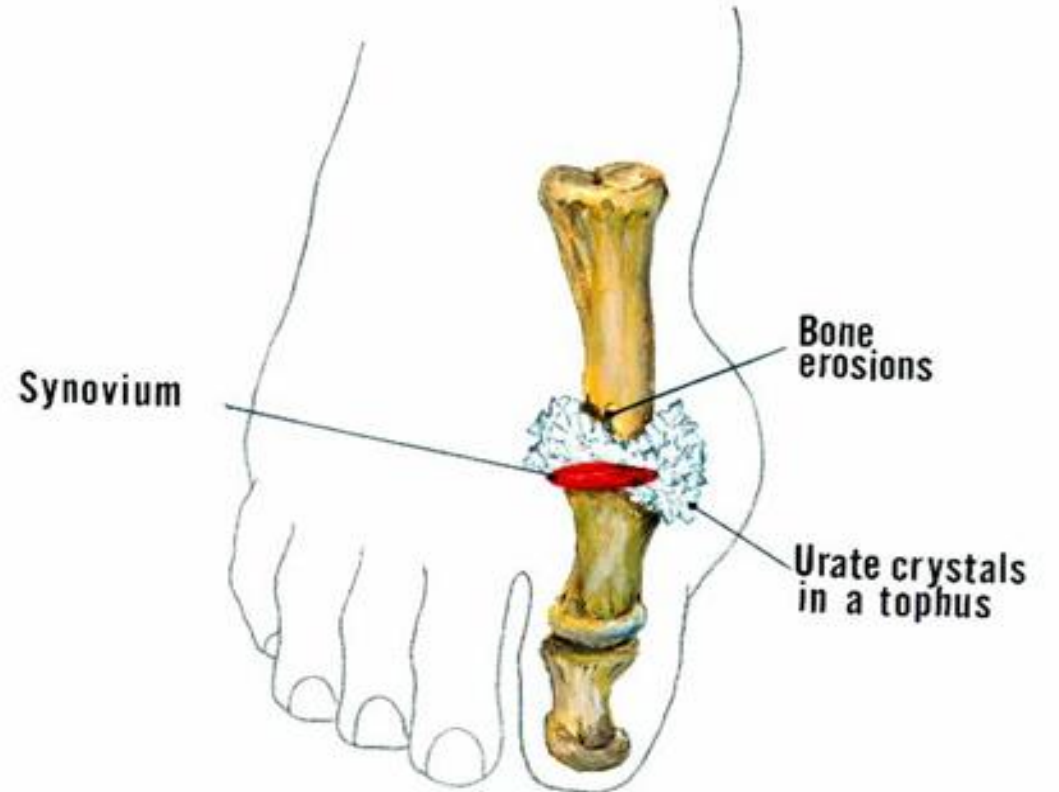
HOW DOES IT HAPPENED ?

GOUT HAPPENS WHEN URIC ACID BUILDS UP IN YOUR BODY. URIC ACID COMES FROM THE BREAKDOWN OF SUBSTANCES CALLED PURINES. PURINES ARE IN YOUR BODY'S TISSUES AND IN FOODS, SUCH AS LIVER, DRIED BEANS AND PEAS, AND ANCHOVIES. NORMALLY, URIC ACID DISSOLVES IN THE BLOOD. IT PASSES THROUGH THE KIDNEYS AND OUT OF THE BODY IN URINE. BUT SOMETIMES URIC ACID CAN BUILD UP AND FORM NEEDLE-LIKE CRYSTALS. WHEN THEY FORM IN YOUR JOINTS, IT IS VERY PAINFUL.

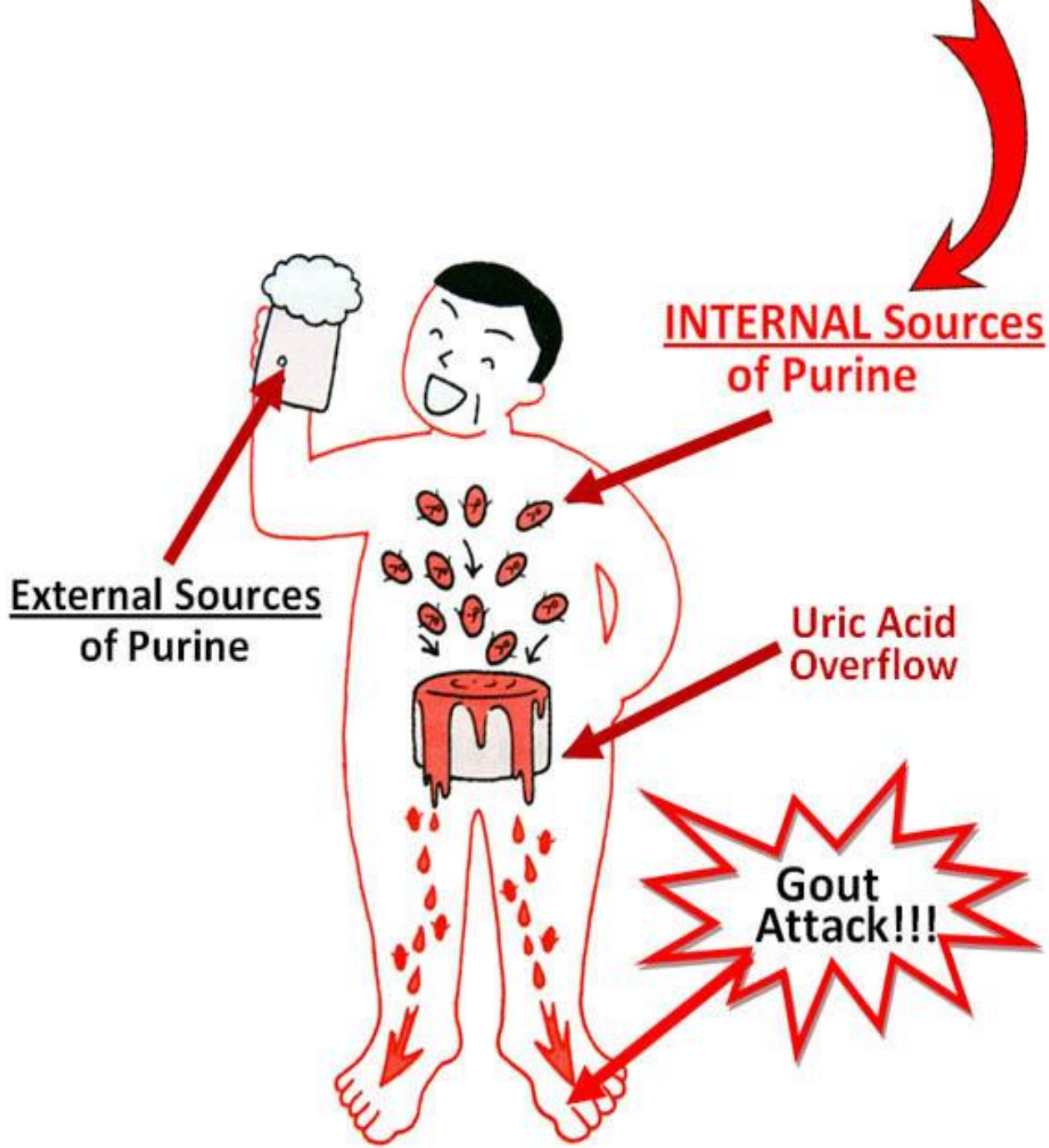
- Gout occurs when urate crystals accumulate in your joint, causing the inflammation and intense pain of a gout attack. Urate crystals can form when you have high levels of uric acid in your blood.
- Your body produces uric acid when it breaks down purines — substances that are found naturally in your body, as well as in certain foods, such as steak, organ meats and seafood. Other foods also promote higher levels of uric acid, such as alcoholic beverages, especially beer.
- Normally, uric acid dissolves in your blood and passes through your kidneys into your urine. But sometimes your body either produces too much uric acid or your kidneys excrete too little uric acid. When this happens, uric acid can build up, forming sharp, needle-like urate crystals in a joint or surrounding tissue that cause pain, inflammation and swelling.
- Intense joint inflammation occurs as white blood cells engulf the uric acid crystals, causing pain, heat, and redness of the joint tissues.



Normal

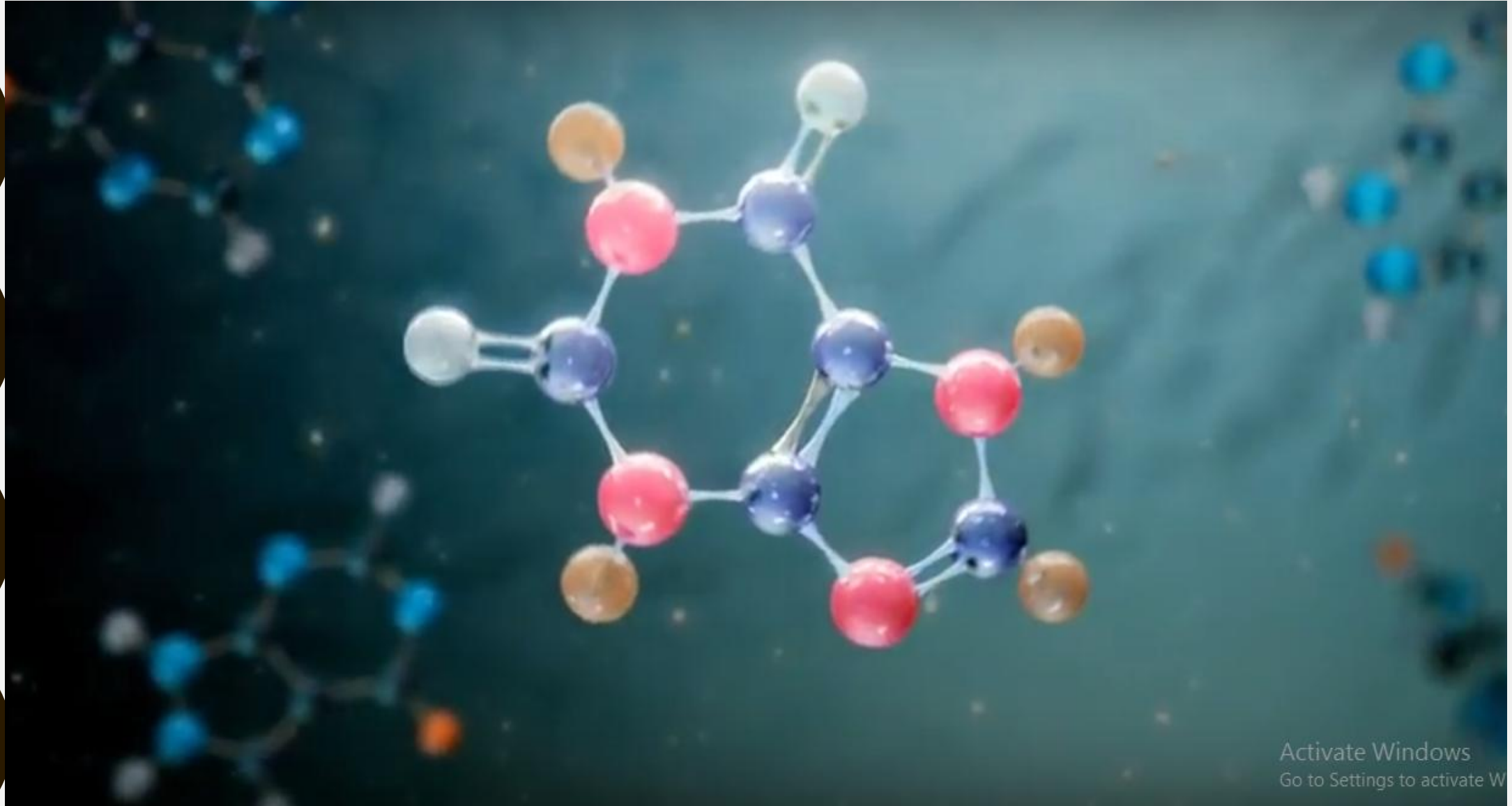


Gout

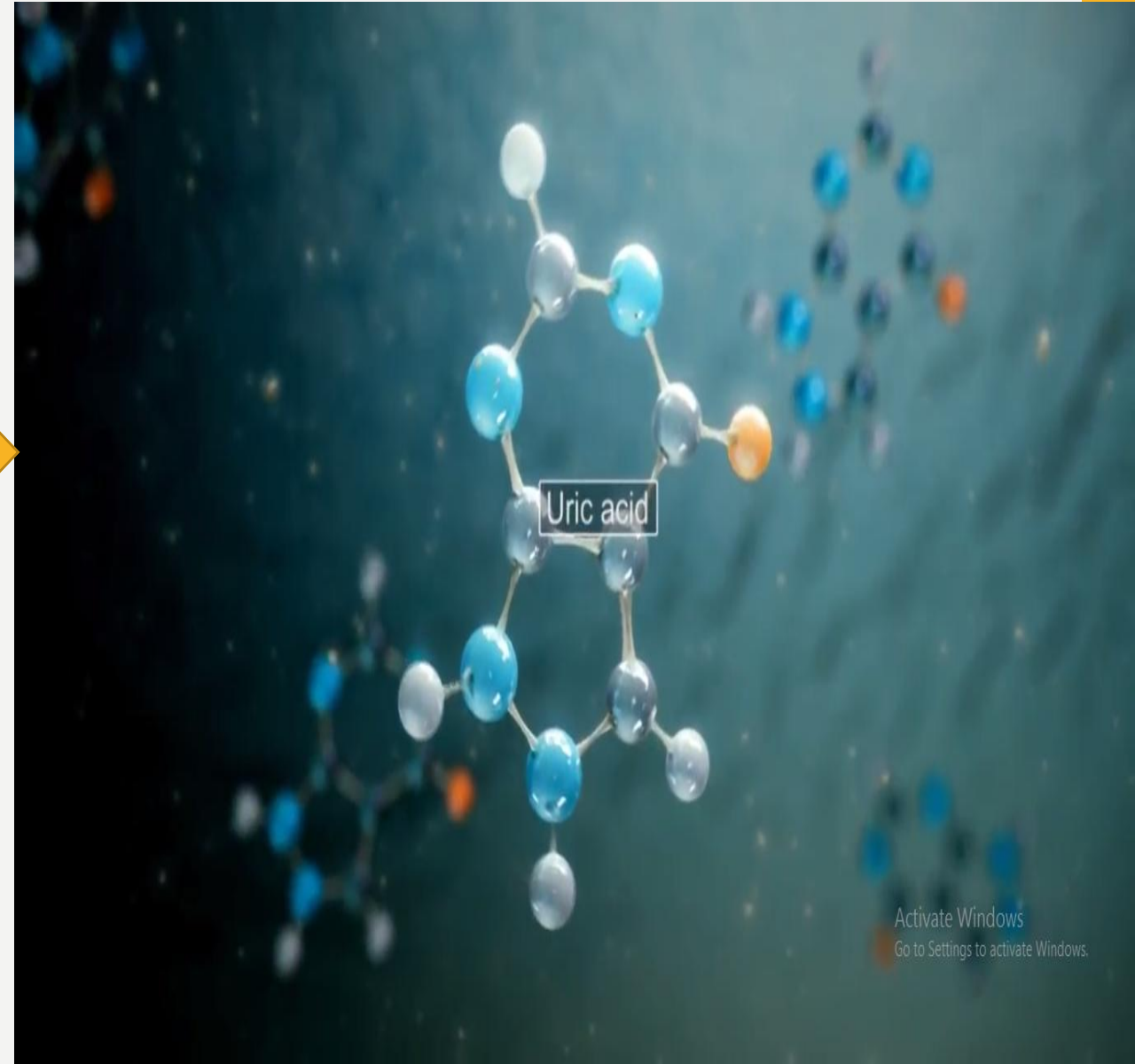
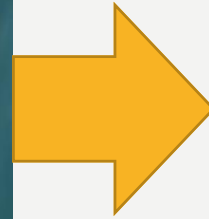
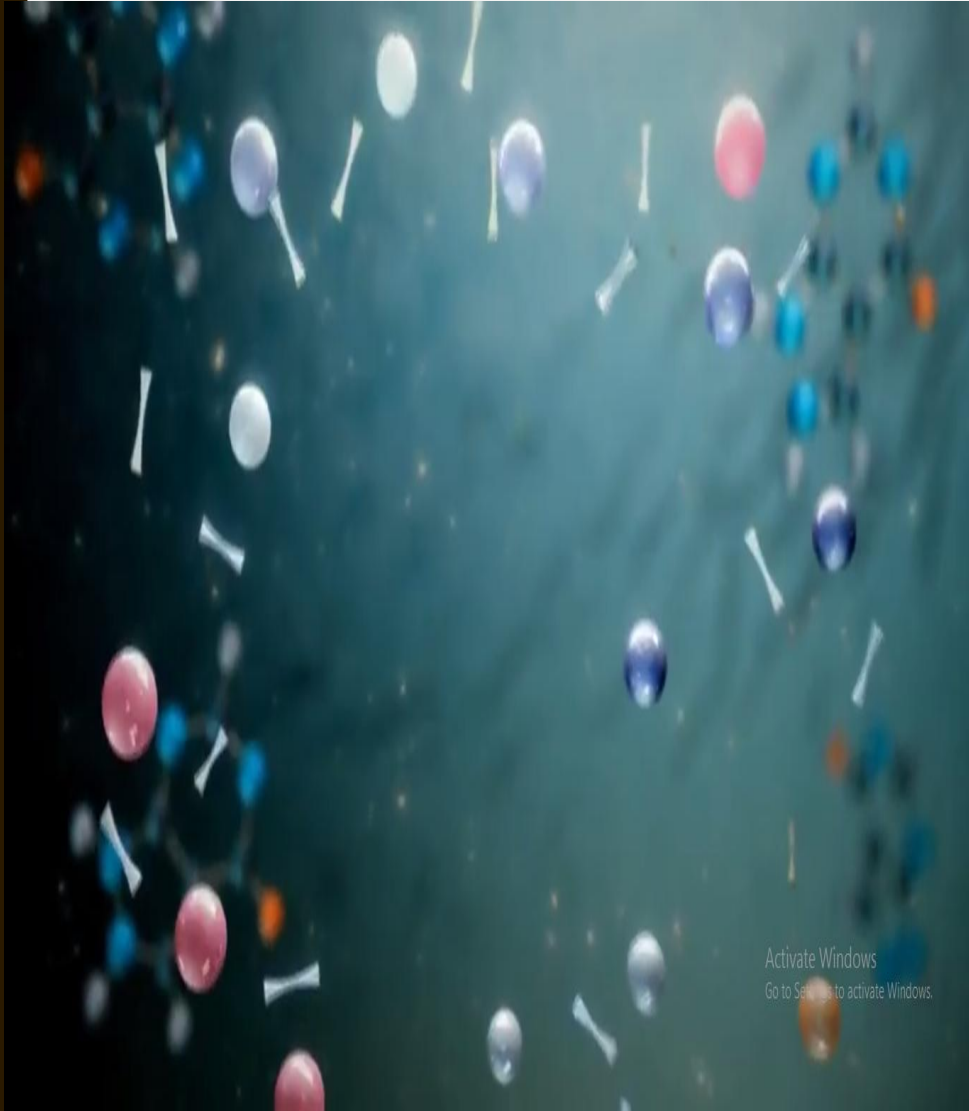


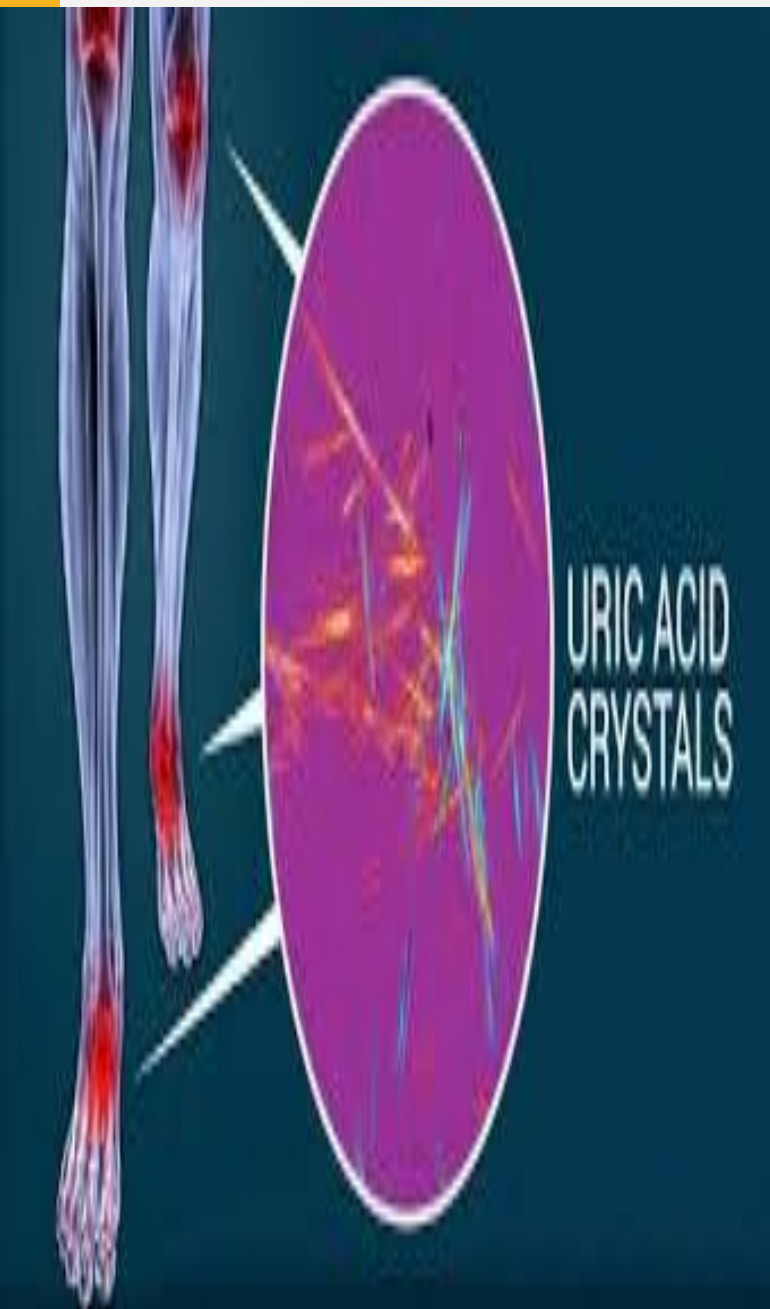
WiseGEEK

PURINE REACH LIVER



BROKEN DOWN TO MAKE URIC ACID



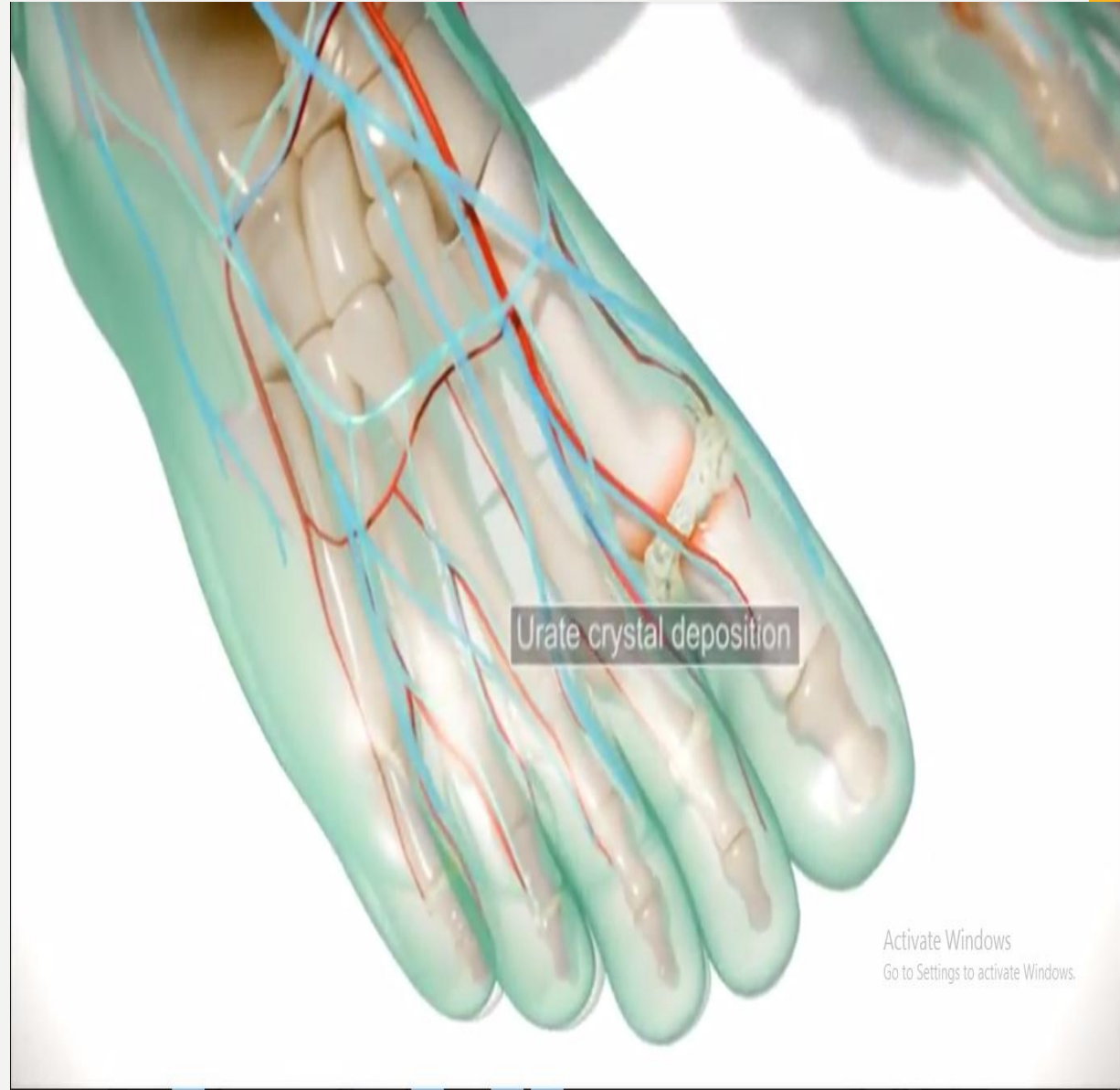


HIGH URIC ACID

Hyperuricemia (high levels of uric acid in blood) can lead to gout.



Activate Windows
Go to Settings to activate Windows.



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Go to Settings to activate Windows.

- For many people, the first attack of gout occurs in the big toe. Often, the attack wakes a person from sleep. The toe is very sore, red, warm, and swollen.
- Gout can cause:
 - Pain.
 - Swelling.
 - Redness.
 - Heat.
 - Stiffness in joints.

COMPLICATIONS OF GOUT

Complications of gout can include small lumps forming under the skin (tophi), joint damage and kidney stones. These are more likely to occur if gout is left untreated.

- Tophi
- Gout is caused by a chemical called uric acid forming small crystals in and around the joints. These crystals also often build up under the skin and form small white or yellow lumps known as tophi.
- Tophi are usually painless, but they can form in awkward places, such as at the ends of your fingers and around your toes. Sometimes they can make everyday tasks such as preparing food or getting dressed difficult.
- They can also become inflamed and produce a toothpaste-like discharge.
- Tophi can develop anywhere in the body, but usually form on the:

- toes
- heels
- knees
- fingers
- ears
- forearms
- elbows



- It normally takes several years after the first attack of gout for tophi to develop, but some people develop them even before experiencing an attack. They're usually a sign of severe gout and a good reason to start [treatment to reduce the level of uric acid in your body](#).
- Successful treatment will prevent the tophi from getting any bigger, and long term treatment often gradually shrinks them.
- If you have very large or painful tophi, they may have to be surgically removed.

- **Joint damage**

- Without treatment, gout attacks may become more frequent and prolonged, and your likelihood of developing permanent joint damage will increase.
- In the most serious cases, surgery may be required to repair or replace a damaged joint.

- **Kidney stones**

- Occasionally, high levels of uric acid can lead to the formation of [kidney stones](#).
- Some kidney stones interfere with the flow of urine, resulting in pain when you pass urine, and can make you feel that you need to pass urine more often.
- Some kidney stones interfere with the flow of urine, resulting in pain when you pee, and can make you feel that you need to pee more often.

WHAT CAN PEOPLE WITH GOUT DO TO STAY HEALTHY?

- Some things that you can do to stay healthy are:
- Take the medicines your doctor prescribes as directed.
- Tell your doctor about all the medicines and vitamins you take.
- Plan follow up visits with your doctor.
- Maintain a healthy, balanced diet. Avoid foods that are high in purines, and drink plenty of water.
- Exercise regularly and maintain a healthy body weight. Ask your doctor about how to lose weight safely. Fast or extreme weight loss can increase uric acid levels in the blood.

DONE BY
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