

Cause of Gout May also Predict Heart Failure

Eswar Krishnan, MD, assistant professor of immunology and rheumatology at Stanford University School of Medicine, has found that high **uric acid levels** are a link between **gout** and heart failure.

Timothy Spaulding, a Top Health Blogger for the Arthritis Community on Wellsphere and author of the Current Arthritis News and Research Blog explains in the recent article.

- Spaulding explains that **uric acid** naturally takes place in the body as a byproduct of many different meals.
- High levels are best known as a cause of gout.

According to Dr. Krishnan, the "study shows that high levels of **uric acid** significantly increase your risk of developing heart failure later on in life."

- The good news is that the test for measuring this is very cheap and easily available.
- In fact, a simple \$2-blood test may allow doctors to determine whether a patient is at risk of developing heart failure between their future.

Dr. Krishnan analyzed data obtained from the national Heart, Lung and Blood Institute participants of the Framingham Offspring cohort study. That study began in 1971 as well as the participants were followed for cardiovascular events for 25 years.



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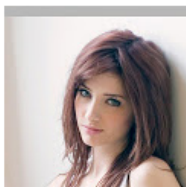
Low Purine Diet - Foods You must Avoid in a Low Purine Diet Purines are at the heart of your gout. And so a low purine diet is a key part of the gout remedy. Purines in your body provide the protein and energy you need. But during the process the purines breakdown, forming uric acid as a byproduct. When...

- There were 4,989 participants in the Framingham Offspring study, and of those, 4,912 were eligible for Dr. Krishnan's examine.
- There was 196 cases of heart failure recorded.

“ After adjusting for a long list of variables including smoking, weight, alcohol use, diabetes, kidney problems and use of anti-hypertensive medications, Dr. Krishnan found the occurrence of heart failure was significantly higher among those with high uric acid levels.

- So if you suffer from Gout make sure to talk to your doctor about your risk for heart problems.
- Also check out Flexcin the all-natural **Joint Pain** Supplement.
- The primary component of Flexcin is CM8 which relieves joint pain at its source, reduces inflammation and irritation of the joints and cells.
- It has been great for many sufferers of arthritis, gout, bursitis, sports injuries and fibromyalgia.

The study appears online in August in the journal *Circulation: Cardiovascular Failure*.



“ **Susie Hart**

Susie is a leading curator at *omex3.com*, a resource about alternative natural health. Last year, Susie worked as a post curator at a well-known tech web site. When she's not sourcing web posts, Susie enjoys working out and skateboarding.

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