

## Causes of Gout Attacks

**W**hen the crystals of **uric acid** in our bodies deposit themselves in the tissues of our bodies at an alarming rate it is called **gout**. This particular medical condition is the recurring attacks of osteoarthritis as well as the inflammation of the joints. Those who are afflicted by chronic gout will have deposits of hard lumps of the **uric acid** around and also in the joints. This will lead to kidney stones and possibly even the decrease in kidney function.

Uric acid is the breakdown process of the particular **purines** in parts of the majority of meals that we eat. When a person's body is unable to handle the uric acid it will cause **gout attacks** that are painful, as well as kidney stones, and the blockage of the kidney filtering tubules that contain uric acid crystals. There are some patients who will only have to deal with high levels of blood uric acid without dealing with kidney problems or arthritis. This is referred to as hyperuricemia.



*“ When an individual experiences an very painful attack that is along with joint irritation they are experiencing **gouty arthritis** or **gout attacks**. The joint inflammation will be due to the deposits of uric acid crystals which are in the joint liquid and the joint lining. When the joint inflammation is intense it is because the white blood cells are overpowering the uric acid crystals and releasing chemicals that are causing pain, inflammation of the joint tissues, and heat.*



GoutUric AcidUricGout AttacksGouty ArthritisPurines

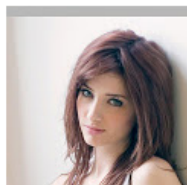
### Symptoms of Gout

The most common joint that is affected during a gout attack is the tiny joint at the base of the big toe. The other joints that can be affected range from the knees, hands, ankles, elbows, and wrists. During these attacks people will experience pain in the joint, swelling, warmth, tenderness, and a reddish discoloration. The tenderness can be very intense for most people who believe even the slightest and softest thing that touches this will cause them pain.

### There are Times When the Patient Will Develop a Fever During More Acute Attacks

These types of gout attacks can last as long as a few hours or even days without or even with medication. In some of the more unusual cases the attacks will last 23 weeks. Lots of people who suffer from gout will experience attacks of gout over a period of decades.

- Learning what About Gout is just the first step to be able to understanding everything there is to know about it.
- What exactly is Gout is an informative site that will help you to learn more about everything about it.



*“ **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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