

## Prevention of Gout

**P**revention of *gout* mainly lies in controlling level of **uric acid** in the body. This can be done in two ways one being a diet check and another by medication. People along with gout should eat a lot more raw fruit, vegetables, grains, seed and nut products. Cherries and strawberries tend to be recommended. Food rich in purine like offal (e.g. kidney, tripe and vinegar based foods) and also excessive amounts of animal protein also needs to be avoided. In turn one should eat a low-fat diet.



### People With Gout Have a Higher Risk for Heart Disease

But with necessary eating habits would not only reduced risk for gout but also risk for heart disease.

For people with obesity they need to slowly lose weight because this can lower **uric acid levels**. However one should recognize that losing weight too rapidly can occasionally precipitate **gout attacks**. It is characterized by unexpected, unbearable, unexpected severe pain in addition to swelling, redness, warmth and rigidity in the affected joint. It is common in men but women are not excluded either since it affects them after menopause when it is seen quite often.

Another major prevention factor is restricting intake in the form of beer and wines are related to gout flare-ups one should limit alcoholic drinks in order to one or two measure a day. Drinking a lot of water helps prevent further attack. Intake of dairy products, such as non-fat milk and yogurt can also lower the frequency of gout attacks.



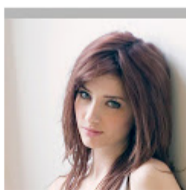
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**Frozen Shoulder | Symptoms and Treatment for Frozen Shoulder** Frozen shoulder can be very painful and can cause immobility to the shoulder joint. The medical term for this is adhesive capsulitis. Inflammation and scarring of the capsule around the shoulder joint can cause freezing shoulder. This scarring is...

- Individual should exercise regularly and maintain a healthy body since weight loss will lessen the load on weight-bearing joints.
- Losing weight may also **decrease uric** acid levels.
- Prevent fasting or rapid weight loss because doing so may temporarily raise uric acid levels.
- Exercise also helps to prevent stress.
- Avoiding stress can be an important preservative measure against future gout attack. A healthy mind often means a healthy body.
- Tabitha G Kimani Has been Researching and Reporting on Gout for years.
- For More Information on gout, Visit Her Site at [Prevention Of Gout](#) Post your Views About gout On My Blog Here [Prevention Of Gout](#)



“ **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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