

What is Uric Acid and Gout?

Gout is a disease characterized by elevated **uric acid** in blood, which leads to depositing of **uric acid** of sodium monourato joints. It is this deposit that generates the secondary outbreaks of acute arthritis that so bother the patients.



“ Is important in order to realize that not all people who are with the excessive rate of uric acid (hiperucemia) are suffering from gout (only 20% of hiperucemicos develop the disease). Most patients with gout is composed of adult men.

Causes

Congenital absence of a good enzymatic mechanism accountable for the particular excretion of uric acid by the kidneys. Without proper disposal, there is an increased concentration of acid in the blood;

- Excessive production of uric acid by the body due to a "defect" enzyme.
- In cases like this, one generates a large amount of uric acid and the kidneys cannot eliminate it.
- This cause is less common.

Some medications such as diuretics and also aspirin can lead to lowered renal excretion of uric acid.

Symptoms

Most cases the first indicator is a swollen big toe together with severe pain. The first crisis may last 3-10 days, and after this period the patient returns to lead a normal life, which usually means that he did not seek immediate medical help.

- New crisis may arise months or years and commit the same or other joints.
- Usually the crises of arthritis can be found in the lower limbs, but there may be impairment of any joint.

Without treatment, the time period between attacks has a tendency to reduce and increase the intensity.

The patient who is not really can have their joints deformed and still have crystal deposits monourato sodium in cartilage, tendons, and bursae articulacos.

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Prevention of Gout Prevention 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...

Diagnosis

You can only make the diagnosis of gout in the first seizure if found uric acid crystals in joint fluid aspirated. Otherwise, you can not set before the diagnosis to rule out other possible causes. In the event that the rate of uric acid will be normal during the crisis, but still suspected of developing the disease, the physician should indicate a new strength within 2 weeks.

An X-Ray Examination can Help Set the Table.

Treatment.



Uric AcidUricGoutUric Acid LevelsUric Acid LevelGout

- There is no cure for the final fall, given that the majority of cases come from faults in the elimination or production of uric acid.
- Since both are genetic causes, treatment is not conclusive.

Usually diet as well as medications are indicated to be able to decrease the rate of uric acid in the blood vessels and thus stop attacks of gout.

Recommendations

When in treatment, the levels are normal, the particular intake of alcoholic beverages can be done without exaggeration;

Do not eat seafood, kids, an excessive amount of red meat, when **uric acid levels** are high because you may trigger an attack. Under treating gout, these foods can be eaten without exaggeration.

Do not abandon the treatment because the **uric acid level** rises again leading to deformities of the joints.

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