

What is gout?

Historically known as a "rich man's disease", **gout** increased in rate of recurrence in developed nations in the late The twentieth century, and has continued to do so in the early part of the 21st. It's a relatively common disease in the united kingdom, affecting one in every 100 people, and is particularly prevalent within men aged 30 to be able to 60, as well as older men and women. However, many people across the UK remain unaware of exactly what gout is, how it's caused and - more importantly - where did they might be able to prevent it.



Fundamentally, gout can be considered an arthritic condition, causing inflammation of the joints, and leading to pain and swelling in a joint in the body. Most of the time, gout will be suffered in the big foot but it can be shortened in a range of joints, including those in the heel, ankles, knees, wrists, elbows, fingers and arches of the feet.

- The primary symptom of gout can be severe pain and swelling in the affected combined, as well as red and also shiny skin in the area.
- Further symptoms may include mild fever and the formation of tophi - firm, white lumps - beneath the skin.
- A gout attack can last for a period of two weeks, and may disappear without treatment after this time.
- As a result, many people with gout do not seek help during their attack.
- However, treatment can not only reduce the attack time, but may also prevent gout returning in later life.



GoutUric AcidUricGout MedicineGout Gout

Gout can be caused when there is a lot of **uric acid** (also called urate) in the body. This happens when your body produces too much **uric acid**, or even if your kidneys don't pass uric acid quickly enough. Urate crystals (tophi) then form, and these cause the pain and swelling related to gout. Gout sufferers can predominately be men aged among 30 and 60, people whose diet contains large amounts of red meat and seafood, individuals who drink too much alcohol, overweight men and women, and those with high blood pressure. A family history of gout can also account for some cases, while people taking certain treatments - like diuretics or some cancer medicines - may also be at greater risk.

You're unfortunate enough to be prone to gout, medicine may be prescribed to take care of the disease. Several patients can also be directed towards self-help techniques, like raising and resting the affected shared and keeping this cool at all times. Nevertheless, if you repeatedly suffer from gout or have a family history of the disease, preventative steps can include staying away from certain foods (such as slimy fish, kidneys, liver and some vegetables), minimising your alcohol intake and drinking a lot of water.

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