PUBRICA
Knowledge Works



PATIENT EDUCATION CONTENT

Gout Disease

SAMPLE

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GOUT DISEASE

Gout is a type of inflammatory arthritis caused by deposition of uric acid crystals in the joints, leading to sudden and severe pain.

DEFINITION

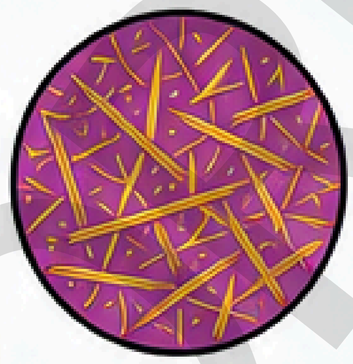
Gout occurs when uric acid builds up in the blood and forms crystals in the joints, causing painful swelling, redness, and stiffness.



SIGNS & SYMPTOMS

- Sudden joint pain (often at night)
- Swelling and redness
- Tenderness and warmth
- Limited joint movement
- Pain over time in other joints
- Tophi (lumps under the skin)





Uric acid crystals (Monosodium urate) under microscope

CAUSES

- High uric acid in blood
- High-purine diet (red meat, seafood)
- Alcohol intake (especially beer)
- Obesity and metabolic syndrome
- Certain medications (diuretics, low-dose aspirin)
- Family history and older age
- Dehydration

DIAGNOSIS

- Medical history and exam
- High uric acid in blood
- Joint fluid analysis (if needed)
- Imaging (X-ray or ultrasound)
- Lab tests (CBC, ESR, CRP, kidney function)

TREATMENT

During Acute Attack



NSAIDs · Colchicine · Corticosteroids · Rest & Ice

Long-term Management



Allopurinol · Febuxostat · Probenecid

Lifestyle Modifications



Weight management · Stay Hydrated · Healthy Diet · Regular Exercise

PREVENTION

- Maintain healthy weight
- Drink plenty of water
- Limit red meat and seafood
- Avoid alcohol
- Exercise regularly
- Monitor uric acid levels

COMPLICATIONS

- Chronic gouty arthritis
- Joint damage and deformity
- Tophi formation (lumps)
- Kidney stones
- Chronic kidney disease
- Reduced quality of life

FOODS TO LIMIT (High in Purines)



Red meat · Organ meats · Seafood



Alcohol (especially beer) · Sugary drinks

FOODS TO INCLUDE (Low in Purines)



Low-fat dairy · Vegetables · Whole grains



Fruits · Plenty of water

SAMPLE