

Gout Disease

Definition:

Gout is characterized by sudden, severe attacks of pain, swelling, redness and tenderness in the joints, often the joint at the base of the big toe.

Cause:

Gout is caused by too much uric acid in the bloodstream. Uric acid is not typically considered a harmful substance, in fact it is naturally produced by the body and it gets expelled out of the body through urine and stool. But sometimes when there is too much uric acid in the bloodstream, it can build up, forming sharp, needlelike urate crystals in a joint or surrounding tissue that can cause pain, inflammation and swelling.

Risk factors:

1. Certain foods can increase the levels of uric acid such as meat and legumes.
2. Certain medications can also increase uric acid levels such as diuretics.
3. Certain diseases and conditions increase the risk of gout such as psoriasis.
4. Obesity.
5. High blood pressure.
6. Kidney damage.
7. Diabetes.
8. Vascular diseases.

Symptoms:

1. Intense joint pain. Gout usually affects the large joint of your big toe.
2. Difficulty walking and wearing shoes.
3. Swelling and redness in the affected joints.



Diagnosis:

1. Medical history.
2. Physical examination.
3. Blood test to measure the levels of uric acid in the blood.

Complications:

1. Recurrent gout.
2. Advanced gout.
3. Kidney stones.

Treatment:

1. Nonsteroidal anti-inflammatory drugs like Diclofenac.
2. Colchicine.
3. Steroids whether in the form of pills or injections.

Prevention:

1. Maintain a healthy weight.
2. Limit your intake of proteins.
3. Avoid alcohol.

Frequently Asked Questions:

- **Is gout considered a dangerous disease?**
Gout is a painful disease than can lead to complications if left untreated.
- **What types of food are recommended for gout patients?**
Fruits, vegetables and carbohydrates, such as: rice and potatoes, as well as low-fat milk.
- **Is gout contagious?**
No, it is not contagious.



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- **Can gout be cured? and how long does the treatment take?**
Yes, it can be cured, and the duration of the treatment is determined by the type of treatment the doctor recommends.
- **Does treating gout require time?**
Yes, depending on treatment regularity.
- **Does family history play a role in developing the disease?**
No.
- **Is it possible for the disease to recur?**
Yes.

Clinical Health Education Department

For more information, please contact us by email on:

HPromotion@moh.gov.com