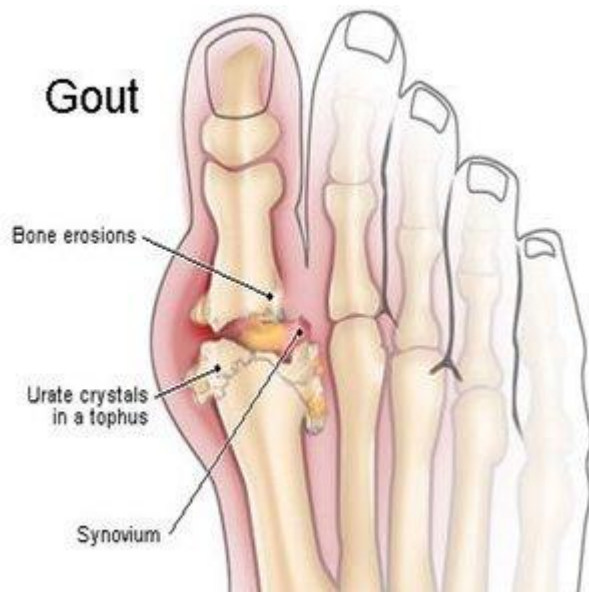


Gouty Arthritis

ARE YOU AT RISK OF GETTING GOUTY ARTHRITIS?

Gout is a kind of arthritis. It can cause an attack of sudden burning pain, stiffness, and swelling in a joint, usually a big toe. Over time, they can harm your joints, tendons, and other tissues. Gout is most common in men.

It is caused by too much uric acid in the blood.



Your chances of getting gout are higher if you are overweight, drink too much alcohol, or eat too much meat and fish that are high in chemicals called purines. Some medicines, such as water pills (diuretics), can also bring on gout.

The most common sign of gout is a nighttime attack of swelling, tenderness, redness, and sharp pain in your big toe. You can also get gout attacks in your foot, ankle, or knees, or other joints. The attacks can last a few days or many weeks before the pain goes away. Another attack may not happen for months or years.



How is gout diagnosed?

Gout is usually diagnosed if you have the typical gout symptoms and a raised blood level of uric acid.

What is the treatment for a gout attack?

General measures

Elevate the affected limb (usually a leg) to help reduce the swelling. An ice pack held against the inflamed joint may ease the pain.

Anti-inflammatory painkillers

A short course of an anti-inflammatory painkiller will quickly ease most gout attacks.

Colchicine is an alternative medicine that eases gout attacks.

Steroid tablets or injections can also reduce the pain and inflammation.

Allopurinol is a commonly used medicine to prevent gout attacks.

