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# GOUT

## Rich man's disease!



**Control hypertension** - it causes mechanical damage to the wall of blood vessels. Stop cigarette smoking - it stimulates blood clotting factor.

**Control diabetes** - glucose accumulates in the blood and damages blood vessels.

**Control cholesterol level.**

## GOUT

Gout is an acute inflammatory arthritis affecting the joints. It is called 'Podagra' when the big toe is affected. It results in tender, hot, swollen joint. It is caused by the accumulation of uric acid in the joints, tendons and surrounding soft tissues. Accumulation of the uric acid crystals in the joints causes the joints to swell up and become inflamed.

- Gout was known as 'Rich man's disease'
- It is more common in males, post-menopausal women and people who drink excess alcohol.
- Hard, painless deposits of uric acids in the joints are called as 'tophi'.
- Long standing gout may lead to bone erosion.
- Elevated levels of uric acid may also lead to crystals precipitating in the kidneys, resulting in stone formation and subsequent urate nephropathy.
- Very frequently occur in combination with conditions like systemic hypertension, diabetes mellitus and obesity.

### Symptoms of acute gout attacks

Symptoms develop suddenly and usually involve only one or a few joints. The big toe, knee or ankle joints are most often affected. The pain frequently starts during the night and is often described as throbbing, crushing or excruciating.

The joint appears warm and red. It is usually very tender. There may be a fever. The attack may go away soon, but may return from time to time. A definitive diagnosis of gout is based upon the identification of monosodium urate (MSU) crystals in synovial fluid or a tophus.

### Causes of gout

- The exact cause of gout is unknown
- Dietary habits
- Excessive consumption of alcohol
- Fructose - sweetened drinks
- Excessive intake Meat
- Excessive intake Sea food
- Genetic factors

### Prevention

- Consumption of Coffee, Vitamin C containing foods and milk products can decrease the incidence of gout.
- Reduce body weight - A BMI > 35 increase the risk of gout threefold.
- Vitamin C intake of 1.5g per day decreases the risk of gout by 45%.
- Avoid fatty foods such as salad dressings, ice-cream and fried foods.
- Consume carbohydrates if you are not diabetic.
- Avoid alcohol, anchovies, sardines, oils, organ meat (liver, kidney), legumes (dried beans and peas), mushrooms, spinach, asparagus, cauliflower and baking or brewer's yeast.

