

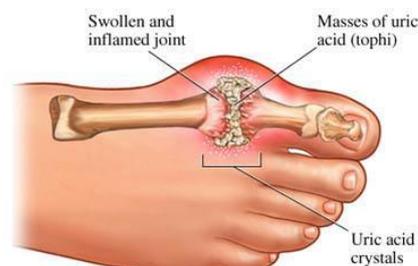
Gout

What is gout?

Gout is a disease that causes severe joint pain and stiffness. Acute gout pain starts suddenly, gets worse quickly, and stops on its own. Acute gout can become chronic and cause permanent damage to joints. Gout develops when uric acid builds up in joints

Risk factors

- A family history of gout
- Kidney disease or problems with how your kidneys work
- Foods that are high in purines, such as red meat
- Alcohol or tobacco use
- Diuretic medicine (water pills), or aspirin
- Medical conditions, such as diabetes, high blood pressure, or high cholesterol



Signs and symptoms

- the joint feels hot and very tender, to the point of being unable to bear anything touching it
- swelling in and around the affected joint
- red, shiny skin over the affected joint
- peeling, itchy and flaky skin as the swelling goes down

Diagnosis

- Blood tests are used to check the level of uric acid. person may need to have blood tested more than once.
- A synovial fluid test is used to collect a sample of fluid from around painful joint. The fluid is sent to a lab to check for uric acid crystals.

Treatment

- NSAIDs, such as ibuprofen, help decrease swelling, pain, and fever.
- Gout medicine decreases joint pain and swelling. It may also be given to prevent new gout attacks.
- Steroids reduce inflammation and can help joint stiffness and pain during gout attacks.
- Uric acid medicine may be given to reduce uric acid production, or to pass more uric acid when person urinate.
- Surgery called a bone graft may be needed for tophi that are painful or infected. Bone in the joint may be replaced with bone taken from another place in body.

Clinical teaching:

- Rest painful joint so it can heal.
- Ice decreases pain and swelling. Put crushed ice in a plastic bag and cover it with a towel
- Do not eat high-purine foods. These foods include meats, seafood, asparagus, spinach, cauliflower, and some types of beans.
- Water helps remove uric acid from body.
- Weight loss may decrease the amount of uric acid in body.
- Limit or do not drink alcohol. Alcohol can trigger a gout attack

Reference: Micromedex's Care Notes System Online 2.0