

## How Do you know If you have Gout?

**G**out is one of those conditions which can be aided considerably with a change in diet and lifestyle, and is a form of arthritis which is usually associated with "high living". This condition leads to a rather painful build up of crystals of **uric acid** around the joint.

- Your doctor prescribes medicine to help prevent your gout episodes, make sure you take all of them as and when he prescribes.
- Do not think that since you have no pain today it won't matter if you miss your own medication for a few days.
- Men have a higher rate of sustaining a **gout attack** but women in their menopause are also prone to this painful condition.
- Also people that have uncontrolled high blood pressure, diabetes, increased cholesterol levels and also heart disease are also susceptible to gout.
- Medications such as diuretics and low-dose aspirin also increase **uric acid levels**.




**Gout symptoms** are caused by crystals which have formed in the joints due to higher **uric acid** in the blood. This is what's called 'hyperuricemia' and occurs when your kidneys aren't working effectively enough to flush excess acid out of your body. But it can also happen when your body is producing far too much uric acid for your kidneys to process in the first place.

### Sometimes Gout Will Jump from One Joint to a Different

You can have pain in your feet today and have it spread to be able to your knees, elbow, wrists, and fingers. Sometimes it can feel like you have tendonitis, but in reality, it is **Gout Cure**.

It is your kidneys you will still want to lower your intake of foods high in **purines** so your kidneys will can keep up with the levels of uric acid while the kidneys react to virtually any treatment the doctor may have you take for your kidney condition.

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**Gout Medication - the Good, the bad and the Side Effects** The severity of a patients gout and family history with gout will weigh greatly on the method used for treating the symptoms and avoiding future bouts with the painful condition. Among the remedies that are offered are usually gout medicine,...

Two of the most popular methods of getting rid of gout and prevent it from returning is to use medication and make some small but vital changes to your lifestyle. Both of these will help to reduce the amount of uric acid in the body, which is what leads to an acute assault.

### Consequent Blood Test Will Indicate If Your Dosage Needs to be Increased

Depending on your particular condition, the common dosage of allopurinol will be 300mg. Repeat blood tests must be continued at the recommended time interval to ensure the dosage is suitable for a person.



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### Gout is Known as One of the Most Painful Types of Arthritis

Gout arises when the body accumulates very high levels uric acid build up. It is characterized by a sharp crytalised uric acid deposits present in joints, mostly in the big toe. These deposits are called tophi they sometimes look like lumps swollen beneath the skin.

### Gout Most Commonly Affects the Big Toe Shared in the Foot

Nevertheless, it can also affect other joints such as the midfoot, ankle, knee, shoulder, hands and wrists. Initially with the first or second gout attack, the joint will appear normal on a standard X-ray.

- Discover the most effective **Gout Treatment** in the marketplace.
- Find out why most people choose Gout Cure for their Gout relief.

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