

Living With Gout- What you can Do to Decrease Symptoms and Pain

For individuals who have been diagnosed with gout, treatment options can seem somewhat limited. Prescription drugs are commonly offered, but each has a special array of side effects and few really offer longterm alleviation. There may certainly be times when medications are needed to help control inflammation or to **decrease uric acid** within the body, but true **gout treatment** requires over this. Today we will look at a few advice for living with **gout** without becoming a slave to the condition.



Can Gout be Prevented?

This is a common question for many who are new to gout treatment or who have been recently diagnosed. While there is no known cure for gout, preventative measures can go a long way in reducing symptoms and increasing the number of days in which you can be free of pain and swelling.

Creating a Gout Helpful Diet

While only about a tenth of the **uric acid** in the body comes from your diet, eating the right foods can make a big difference. Because uric acid comes from the breakdown of purines, avoiding foods that are high in these can make a significant difference. Liver, kidneys, as well as other wood foods tend to be incredibly an excellent source of purines, as are fish such as anchovies and sardines. You will also find that most other meats and fish are usually high in **purines** also. While dairy products also contain higher than average purine counts, research shows that dairy foods can actually reduce the risk of developing gout.

Exercise and Lifestyle Moderation as Part of Preventive Gout Treatment

While exercising or even walking during a painful flare of gout can be excruciating and is certainly not suggested, proper activity in the absence of symptoms can do a lot to be able to increase the effectiveness of gout treatment. Even moderate exercise, such as walking or gardening, can lessen stiffness and increase both strength and range of motion in the affected joints. Research also shows that exercising regularly helps to boost the body's tolerance for pain, although again it is important to keep in mind that exercising a joint that is inflamed is definitely not medically advised.

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Lifestyle changes may also do a great deal in helping to reduce the appearance and harshness of **gout symptoms**. Reducing or eliminating alcohol intake is crucial, as alcohol greatly increases the risk of high uric acid levels, and you will find that eliminating cigarettes can be equally important. Maintaining a healthy body weight can also help get rid of unnecessary stress on the joints, while the right diet can also decrease uric acid intake.

The bottom line is that gout treatment is and should be about much more than simply taking prescription medications. While there will likely be times that these are necessary for symptom management, there is no substitute for prevention. Learning as much as possible about living with gout is always a wise decision, and you will find that there is much you can do to reduce your symptoms.

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