

## Symptoms and Treatment for Gout or Joint Swelling

**G**out is a disease that results from an overload of **uric acid** in the body. This overload of **uric acid** leads to the formation of tiny crystals of urate that deposit in tissues of the body, especially the joints. When crystals form in the joints, it causes recurring attacks of joint inflammation (arthritis). Gout is considered a chronic and progressive disease. Chronic gout can also lead to deposits of difficult piles of uric acid in the tissues, particularly in and around the joints and may cause joint destruction, decreased kidney function, and kidney stones (nephrolithiasis).



Gout has the unique distinction of being one of the most frequently recorded medical illnesses throughout history. It is often associated with a good inherited abnormality in the body's ability to process uric acid. Uric acid is a breakdown product of **purines** which have been part of many foods we eat. An abnormality in handling uric acid can cause attacks of painful joint disease (gout attack), kidney stones, and also blockage of the kidney-filtering tubules with uric acid uric acid, leading to kidney failure.

On the other hand, some people may only produce elevated blood **uric acid levels** (hyperuricemia) without having manifestations of gout, such as arthritis or kidney problems. The state of elevated levels of uric acid in the blood without symptoms is referred to as asymptomatic hyperuricemia. Asymptomatic hyperuricemia is considered a precursor state to the development of gout. The term gout refers the disease that is caused by an overload of uric acid in the body, resulting in painful arthritic attacks and deposits of lumps of uric acid crystals in body tissues.

**Gouty arthritis** is typically an extremely painful attack with a rapid onset of joint inflammation. The shared inflammation is actually precipitated by deposits of uric acid crystals in the joint fluid (synovial fluid) and joint coating (synovial lining). Intense joint inflammation occurs as the immune system responds, causing white blood cells in order to engulf the uric acid crystals and chemical messengers of inflammation to be released, leading to pain, heat, and also redness of the joint tissues. As gout progresses, the attacks of gouty arthritis usually occur more frequently and often in additional joints.

### Symptoms of Gout:

The small joint at the base of the big toe is the most common site of an acute **gout attack** of arthritis. An acute attack of gouty arthritis at the bottom of the big toe is medically called podagra. Other joint parts that are commonly affected include the ankles, knees, wrists, fingers, and elbows. Acute gout attacks are usually characterized by a rapid onset of pain in the affected shared followed by warmth, puffiness, reddish staining, and marked tenderness. Tenderness can be intense so that even a blanket touching the skin over the affected joint can be unbearable. Individuals can develop fever with the acute gout attacks. These painful attacks usually subside in hours to days, with or without medication. In rare instances, another panic attack can last for weeks. The majority of patients with gout get each year repeated attacks of arthritis over the years.

### Uric Acid Uric Acid can Deposit in Tiny Fluid-Filled Sacs (Bursae) Around the Joints

These urate crystals can incite inflammation in the bursae, leading to pain and swelling around the joints (a condition referred to as bursitis). In rare instances, gout leads to a more chronic type of joint inflammation that mimics rheumatoid arthritis.

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**Gout medications Best gout medications** Gout medications - Best gout medications Gout occurrence is directly proportional to increment in uric acid degree in the blood vessels, either since the body produces too much of it or unable to get rid of it from the body. This excessive uric...

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Chronic (tophaceous) gout, nodular masses of uric acid crystals (tophi) deposit in different soft-tissue areas of the body. Even though they are most commonly found as tough nodules around the fingers, at the tips of the elbows, in the ears, and around the big toe, tophi nodules can appear anywhere in the body. They have been reported in unexpected areas such as in the vocal cords or (rarely) even around the spinal cord. When tophi come in the tissues, the gout condition is actually felt to represent a considerable overload of uric acid within the body.

### Treatment for Gout:

There are two key ideas necessary to managing gout. First, it is critical to cease the acute inflammation of joints afflicted with gouty arthritis. Second, it is important to address the long-term supervision of the disease in order to prevent future gouty arthritis attacks and shrink **gouty tophi** very deposits in the tissues.

“ *The treatment of an acute attack of gouty arthritis involves measures and medicines that reduce inflammation. Preventing future acute gout attacks is evenly as important as treating the acute arthritis. Prevention of acute gout involves maintaining enough fluid intake, weight reduction, dietary changes, reduction in alcohol consumption, and medications to reduce the **uric acid level** in the blood (reduce hyperuricemia).*

### Maintaining Adequate Fluid Intake Helps Prevent Acute Gout Attacks

Adequate fluid intake also decreases the risk of kidney stone formation in patients with gout. Alcohol is known to have diuretic effects that can give rise to dehydration and precipitate acute gout attacks. Alcohol can also affect uric acid metabolism to result in hyperuricemia. Therefore, alcohol has two major effects that worsen gout by impeding (slowing down) the excretion of uric acid from the filtering system as well as by causing dehydration, each of which contribute to the precipitation of uric acid crystals in the joints.

### Also Read about Gout and Weak Immune System

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