

What is gout?

Historically known as a "rich man's disease", **gout** increased in rate of recurrence in developed nations in the late The twentieth century, and has continued to do so in the early part of the 21st. It's a relatively common disease in the uk, affecting one in every 100 people, and is particularly prevalent within men aged 30 to be able to 60, as well as older men and women. However, many people across the UK remain unaware of exactly what gout is, how it's caused and - more importantly - where did they might be able to prevent it.



Fundamentally, gout can be considered an arthritic condition, causing inflammation of the joints, and leading to pain and swelling in a joint in the body. Most of the time, gout will be suffered in the big bottom but it can be caught in a variety of joints, including those who work in the heel, ankles, knees, wrists, elbows, fingers and arches of the foot.

- The primary symptom of gout can be severe pain and swelling in the affected joint, as well as red as well as shiny skin in the area.
- Further symptoms may include mild fever as well as the formation of tophi - firm, white lumps - beneath the skin.
- A gout attack can last for a period of two weeks, and may disappear without treatment following this time.
- As a result, many people with gout do not seek help during their attack.
- However, treatment can not only reduce the attack time, but may also prevent gout returning in later life.

Gout may be caused when there is an excessive amount of **uric acid** (also called urate) in the body. This happens when your body produces too much **uric acid**, or even if your kidneys don't complete uric acid quickly enough. Urate crystals (tophi) then form, and these make the pain and swelling associated with gout. Gout sufferers can predominately be men aged in between 30 and 60, people whose diet includes large amounts of red meat and seafood, those who drink too much alcohol, overweight men and women, and those with high blood pressure. A family history of gout can also account for some cases, while people taking certain medications - like diuretics or some cancer medicines - may also be at greater risk.

You're unfortunate enough to be affected by gout, medicine may be prescribed to take care of the disease. Several patients can also be directed towards self-help techniques, like raising and resting the affected joint and also keeping it cool at all times. However, if you repeatedly suffer from gout or have a family history of the disease, preventative steps can include staying away from certain foods (such because greasy fish, kidneys, liver and some vegetables), minimising your alcohol intake and drinking lots of water.

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