

WHAT IS GOUT?

Gout is a very painful type of arthritis. A person with gout will have sudden attacks that come back. The extreme pain, swelling, and redness are due to crystals of a chemical called ‘uric acid’ that collect in the joints. The body makes uric acid, and some foods can increase the amount of it, so they should be avoided. The foods to be avoided are called ‘high purine’ foods.

Gout usually affects the joints in the big toe, ankles, feet, knee, wrist, and hand. Over time, the crystals can cause damage to the inside of the joint and kidney stones.

WHO GETS GOUT?

- Men over age 40
- Persons with family history of gout
- Overweight people
- Women after menopause

DIAGNOSIS

- Medical history and physical examination
- Blood and/or urine tests to check uric acid level
- Examination of joint fluids for uric acid crystals

SYMPTOMS

- Sudden and severe pain in the affected joint(s), most often in the big toe
- Swelling and redness of the affected joint

An acute gout attack usually lasts a few days and may not recur for weeks or years. However, future attacks can become more frequent and severe, last for several weeks, and involve more joints.

TRIGGERS OF GOUT ATTACKS

- Excessive alcohol consumption (alcohol increases uric acid in the body)
- Obesity
- Diuretics (‘water pills’), a common treatment for high blood pressure. Do not stop taking your

diuretic medicine; always consult your physician regarding medication changes.

- High dose aspirin
- Stress of an injury (surgery or fracture)
- Rapid weight loss

TREATMENT

In an acute gout attack, the drug COLCHICINE and non-steroidal anti-inflammatory drugs (NSAIDS) such as INDOMETHACIN and IBUPROFEN are often prescribed to relieve symptoms. For those who are unable to tolerate oral anti-inflammatory drugs, steroid injections may be given.

Chronic gout sufferers may need to take drugs that stop production of uric acid (such as ALLOPURINOL) or promote excretion of uric acid (such as PROBENECID). Aspirin blocks uric acid excretion. Therefore, gout patients are prohibited from using this drug to treat gout. A low purine diet may be prescribed along with medications to lower blood uric acid level.

PREVENTION OF RECURRENT GOUT ATTACKS

- Avoid beer, wine, and other alcoholic drinks.
- Drink 8-12 cups of water a day to promote uric acid excretion. If you have high blood pressure, heart disease, or take a ‘water pill’ or diuretic, talk with your doctor first.
- The following high purine foods are known to cause a gout attack or make gout worse: shellfish (shrimp, clams, crab, lobster, mussels, scallops), sardines, mackerel, anchovies, herring, meat broth, large amounts of meat, organ meats (brain, kidney, liver, sweetbreads, tongue).
- When prescribed, take your medication as instructed to prevent gout attacks.

For more information on gout, please contact your physician or the Arthritis Foundation at 1-800-283-7800 www.arthritis.org

Purine Content of Foods

Food Group	Low Purine (0-50 mg purine/100g)	Moderate Purine (50-150 mg purine/100g)	High Purine (150-825 mg purine/100g)
Breads, Cereals & Grain Products	<ul style="list-style-type: none"> • White Bread • Cornbread • Noodles • Macaroni • Spaghetti • White Rice • Crackers 	<ul style="list-style-type: none"> • Wheat Bread • Oatmeal • Wheat Bran • Wheat germ • Brown Rice • Barley 	
Fruit	Most fruits (Except those noted in the next column)	<ul style="list-style-type: none"> • Banana • Dried fruit 	
Vegetables	Most vegetables (Except those noted in the next column)	<ul style="list-style-type: none"> • Asparagus • Broccoli • Cauliflower • Spinach • Mushroom • Green Peas 	
Meats, Poultry, Fish & Protein Foods	<ul style="list-style-type: none"> • Eggs • Peanut butter • Nuts (walnuts, almonds, etc.) 	<ul style="list-style-type: none"> • Red meat (beef, lamb, pork) • Poultry without skin (chicken, duck) • Rabbit • Lunch meat • Fish (cod, eel, haddock, halibut) • Shellfish (shrimp, crab, oysters, clams, lobster, mussels, scallops, etc.) • Tofu • Peanuts 	<ul style="list-style-type: none"> • Sardines • Mackerel • Anchovies • Herring • Organ meats (liver, kidney, brain, heart, sweetbread, tongue, etc.) • Dried beans (red bean, mung bean, soybean, black-eyed peas, lentils, etc.) • Goose • Turkey
Milk & Milk Products	All low-fat or fat-free milk and dairy products (cheese, yogurt, etc.)		
Other		Meat soups	Gravies

Note: Too much purine can increase the uric acid level in the blood. Patients suffering from gout should limit their intake of moderate and high purine foods. Beans, lentils, vegetables, and whole grains have not been shown to increase the risk of gout or flare-ups. Please speak with a doctor and registered dietitian to determine the best treatment for you.

Reference: Bowes & Church's "Food Values of Portions Commonly Used", 19th Edition, 2010.