

What is gout?

Q



A

Gout is a medical condition characterized by inflammatory arthritis or a red, tender, swollen joint that is typically found on the big toe joint.

Gout is caused by too much uric acid in the blood. When uric acid levels in the blood are too high, the uric acid may form hard crystals in your joints. Your chances of getting gout are higher if you are overweight, drink too much alcohol, or eat too much meat and fish that are high in chemicals called purines.

HOW DO YOU TREAT IT?

- Lifestyle changes and medications can decrease uric acid levels
- Eating less meat and seafood
- Consuming 1500 mg of Vitamin C per day will decrease the risk of gout by 45 percent
- Consuming coffee will also reduce the risk of gout
- Taking ibuprofen or another anti-inflammatory medicine can help ease the pain. Do not take aspirin as it can make gout worse by raising uric acid level in the blood

If you are experiencing any of the symptoms listed above, it's time to contact Dr. Craig Thomajan or Dr. Shine John of Austin Foot and Ankle Specialists for an assessment of the issue and development of a personal treatment program. Fighting through the pain can only make an injury worse, while properly treating a foot or ankle issue can result in a lifetime of healthy and comfortable physical activity.



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