

## Daddy Needs a New Pair of Shoes

**C**ould improper footwear be contributing to increased pain in *gout patients*? Gout causes severe pain and swelling in the joints with the majority of cases affecting the feet. Unfortunately this inflammation can lead to misshapen joints making it difficult to find footwear that feel good. Usually gout patients will resort to sandals, flip-flops, moccasins and ill fitting sneakers in an attempt to find comfort. These poor footwear choices may actually trigger an increase in gout pain as they lack good support and stability.

Recent study from the University of Oxford in Auckland, New Zealand found that gout patients who chose these types of footwear experienced moderate to severe foot pain, disability and disability compared with those who made good footwear choices. More than half of the patients in the study wore footwear that was 12 months or older and showed excessive wear patterns.

### Better Choices for Footwear Would Include, Walking Footwear, Athletic Sneakers and Oxfords

These alternatives have far better cushioning, support and offer greater stability causing less pain. Look for shoes that have a wide toe box (wide area in the toe area) and removable insoles. Custom made orthotics or standard orthotics that mold to the feet can reduce stress as well as increase ease and comfort. Getting new shoes at least once a year can also be beneficial because even though the shoe may look like it is in good condition, it may have lost some of its conditioning and support.



GoutGout Patients

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*Five great gout treatments to help you cope with the gout pain* The pain of the gout disease is severe and sharp; some people think that there is no treatment in order to cure the gout. But this is simply not true; fortunately gout disease can be treated and cured. These five great recommendations in this...

### Choosing Better Footwear can Make a Difference in Gout Pain

Colcrys doctor prescribed may also help by blocking inflammation and relieving a gout attack, typically within 12-24 hours. Combine this with a trip to the shoe store and you could be walking without pain before you know it.

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Estella is an author and active tumblr (<http://www.colchicine.ca>); has written intriguing content in gout and arthritis field. She recommends CanadaDrugsOnline.com, a premier provider of Canadian pharmaceuticals as well as international medicines online to buy Colcrys prescription at a discount price to increase milk provide or lactation.

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