

# Category: Gout



Gout Attack Treatment - Fight For Pain free Nights

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## Gout

**G**out is a misunderstood malady. Despite the intense pain that gout can bring, it is a condition that is rarely makes the glossy pages of a magazine. If you are ever individually hit with the sudden onset of gout, classically (50% of the time) seen as a sudden and excruciating pain in the big toe, you will have a newly found interest in the following information.

- Gout is caused by elevated levels of **uric acid** in the fluids of your system.
- These **uric acid** crystals put in in joints, tendons as well as kidneys, damaging the tissues and causing inflammation and pain.
- The pain is a result of many needle-like crystals that form from the excess uric acid.



### There are Two Main Types of Gout, Primary and Secondary

Most of gout sufferers fall into the 'primary' class. This is a pattern with a cause that is generally unknown (idiopathic), although there are some genetic patterns that can lead you to definitely tend in the direction of elevated uric acid. Secondary gout is actually identified when uric acid is elevated in response to some other disorder (such as kidney disease). Some medicines (such as aspirin and diuretics) can lead to the onset of **gout attacks** because they lower the excretion of uric acid in the body.

### The First Sign of Gout is Usually an Intense Pain During the Night

The attack is often brought on following a day or evening of excess in alcoholic beverages, food, some drugs, or surgery. If your attack progresses, fever as well as chills will follow. Recurring attacks are common (90%), mainly occurring in the first year. While persistent gout is quite rare, gout sufferers really have a higher risk of kidney dysfunction and kidney stones.

Conventional treatment for the symptoms of gout may be the anti-inflammatory drug colchicine. Isolated from the autumn crocus, colchicine has a strong effect in order to combat inflammation though it has no effect on **uric acid levels!** This provides most victims relief within the day, although the drug may be difficult for many to tolerate as a result of digestive side effects.

### To Prevent Gout Attacks, the Following Lifestyle Should be Considered:

Avoid alcohol, a major influence in initiating attacks. 'Follow a low-purine diet. This includes organ meats, meat, shellfish, yeast, and sardines, large mackerel, etc. ' Reduce extra food intake including refined carbohydrates, excess fat and excess protein.

- You find yourself or your loved one suffering from a gout attack, it is unlikely you would wait to seek professional help.
- The pain of an acute gout attack has been compared to the pain of childbirth.

### However, Gout Sufferers are Usually Overwhelmingly (95%) Male.

About the author: Staff writer for <http://www.treatment-info.com> You are welcome to publishing in part or in entirety, you should include active URL within byline.

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