

# Gout causes gout causes and treatment

**T**he main cause of gout may be the **uric acid** deposition in the joints. The **uric acid** is a chemical which is a resultant product of **purines** metabolism. The level of uric acid may be found and measured in the bloodstream.

Hyperuricaemia is a condition where there is a rise in blood's **uric acid level**. This condition is responsible for forming excess uric acid crystals in the blood and advertising inflammation called **gouty arthritis** or acute gout.



“ Here are some causes of gout that are responsible for increased **uric acid level** in the body:

Genetic - in some families higher than normal uric acid levels may be passed down.

## Obesity is Another Cause of Gout and Gout Related Attacks.

Consumption of heavy alcoholic beverages and caffeine.

## Eating Food Rich in Purines.

Kidney diseases.

Due to be able to medication used for treating hypertension or high blood pressure.

The first step for **gout treatment** is to correct the factors that are responsible for increasing uric acid levels in the body. Help make your best efforts to avoid purine wealthy food.

*Here are foods high in purines and to be avoided: Organ meat products such as liver, sweetbreads, kidneys, tripe, tongue, red meat, scallops, shellfish, peas, beans, lentils, alcohol and coffee, crash diets.*

## An Essential Requirement for Gout Treatment is Reducing the Uric Acid Levels

There are numerous drugs available in the market these days that can bring down the uric acid level in the body. However, keep it within our mind that these drugs are only used to treat gout temporarily and should not be taken on the long-term basis. Doses of these drugs are based on blood - uric acid levels.

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