



What is Gout?



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- Gout is one of the most painful medical conditions in the foot.
- The underlying cause is an excess of a waste product in your blood called uric acid.
- An attack usually starts with sudden, severe pain, tenderness, redness, warmth, and swelling in the large joint of the big toe.
- Gout can progress, eventually causing damage to joints, potentially leading to disability.
- Treatment may include different kinds of medication to ease the painful attacks, to prevent future attacks, and to help prevent long-term damage to the joints and related disability.
- By lowering your uric acid level, and keeping it low, you may be able to stop crystals from forming and protect yourself against attacks.
- **Foods to Avoid-**
 - High Purine Food: Beer, anchovies, organ meat (brains, kidney, liver, sweetbreads), game meats, gravies, yeast, meat extracts, sardines, herring, mackerel, scallops.
- **Foods to Eat in Moderation**
 - Medium Purine Foods: Fresh and saltwater fish, shellfish, eel, meat, poultry, meat soups and broth, asparagus, mushrooms, cauliflower, spinach, legumes, oatmeal, bran, wheat germ, whole-grain breads and cereals, eggs.
- **No Restriction Foods**
 - Low Purine Foods: Breads and cereals (low-fiber, white flour, or refined grain types), nuts, peanut butter. Vegetables not high in purines, soups - cream style or vegetable without meat extract, coffee, tea, fruit juices, soft drinks, gelatin, sugar, low fat cheeses.
- **Foods That May Help**
 - Some people have found cherry juice or strawberries helpful. Some chemicals contained in dark berries may help reduce the inflammation and lower the uric acid.
 - Oily fish like salmon, or fatty acids in flax seed or olive oil or nuts may reduce inflammation too.
 - It has been suggested that using tofu (from soybeans) instead of meat could also be helpful.
- A balanced diet for gout sufferers includes foods that are high in complex carbohydrates, low in protein and low in fat.