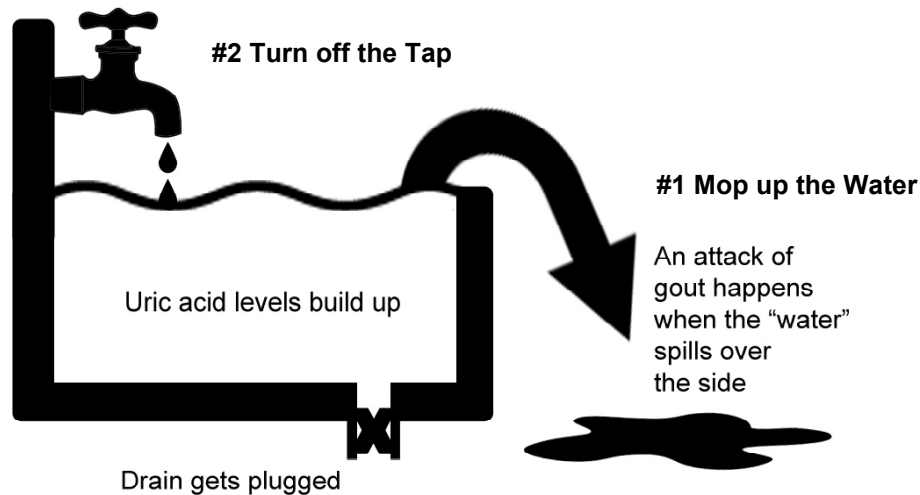
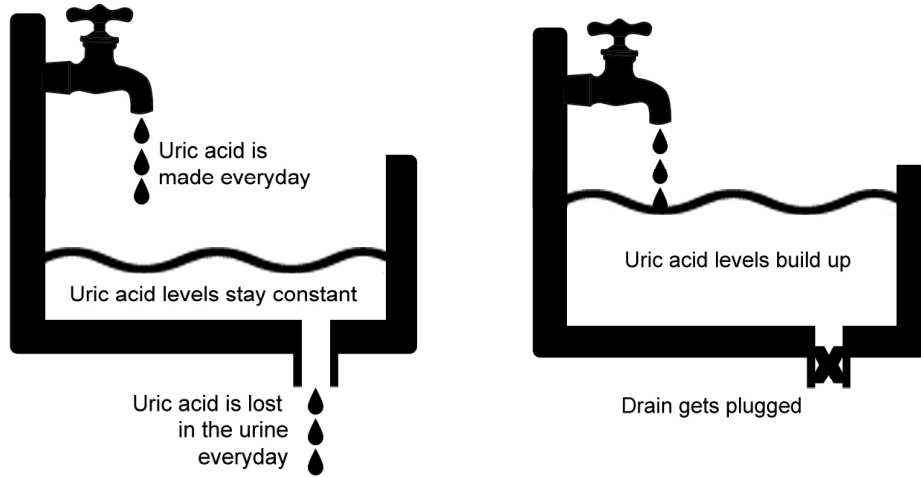


# GOUT PRESCRIPTION

## Education



### What is Gout?

Gout is a type of arthritis. It is caused by too much uric acid in the body. Men get gout between the ages of 35-50. Women get gout after menopause. Our bodies make uric acid everyday. Uric acid also comes from food we eat like meat & seafood. The uric acid is normally flushed from the body by the kidneys. Alcohol & sugary drinks make it harder for the kidneys to get rid of uric acid. A build up of uric acid can result in an attack of gout in a joint. Gout attacks are very painful. The joint is swollen, warm, and red. The attacks come on quickly. They often begin in the night or early morning. The big toe is often affected.

Balls of uric acid can also build up in the soft-tissues of the body. These are called "tophi". Tophi are whitish deposits under the skin commonly found on the fingers or toes, elbows, behind the heels, or on the outer edges of the ears.

### Risk Factors for Gout

- Family History
- Alcohol
- Medications (diuretics)
- Kidney problems
- High Blood Pressure (Hypertension)
- Elevated Cholesterol
- Insulin Resistance
- Endocrine (↓ Thyroid, ↑ Parathyroid)
- Obesity

### Causing Factors

- Recent Surgery
- Recent Illness
- Trauma
- Start or stop Allopurinol
- Excessive Alcohol Intake
- Travel / Dehydration

**Screening Bloodwork:** CBC, Creatinine, Glucose, Cholesterol, Uric Acid blood levels, & TSH

## TREATMENT of GOUT

### #1: Mopping up the Water

- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs): These are medications like indomethacin (Indocid), ibuprofen (Motrin, Advil), naproxen (Aleve) and celecoxib (Celebrex).
- Colchicine (max 0.6 mg three times a day)
- Prednisone tablets
- Steroid Injection

### #2: Turning off the Tap

- Diet:** Some foods can make gout worse such as any meat or seafood, sugary drinks, and alcohol (wine, beer, & liquor). Some foods help to protect against gout such as low fat dairy and vegetables.
- Allopurinol & Febuxostat (Uloric):** Allopurinol & Febuxostat "turn off the tap" and reduces uric acid production. This reduces the chances of future attacks. It is very important to know that starting or stopping these medicines may cause your gout to flare.
- Check Uric Acid Levels every 4-6 Weeks. Aim for a uric acid level of <360 umol/L.**

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