

Gout and Pseudogout

Gout is a type of arthritis. It has been known to cause an attack or a sudden burning pain, joint swelling or stiffness, often within the big toe. These attacks might happen over and over if they aren't properly treated. Over the course of time, they can cause harm to your tendons, joints and other tissues. It tends to be most common in men.

Gout is caused by too much uric acid in the bloodstream. Most of the time, having an excessive amount of the acid isn't harmful. Many individuals who have high levels of it in their blood don't end up with gout. When the levels in the blood become too high, it can cause hard crystals to form in the joints.

The chances of getting gout tend to be a lot higher if you are overweight, drink an excessive amount of alcohol or eat too much fish and meat high in chemicals. Certain medications can also end up bringing on gout.

Gout and Pseudogout Anatomy

Gout and pseudogout are two forms of crystalline arthropathies where the disease processes causes sore joints from salt crystals forming in the joints. The crystals end up irritating the joints and surrounding tendons, which causes the body to release chemicals making the joints red and swollen. In gout, monosodium urate is the salt produced, while in pseudogout, calcium pyrophosphate is found.

Both conditions can end up affecting your joints outside of the hand. In gout, the first affected joint is that of the big toe. With pseudogout, the joints affected are that of the wrist and knee. Attacks can often recur.

A joint which is suffering from gout can be red, hot, shiny and inflamed.

How to Treat Gout and Pseudogout:

1. Corticosteroids

To stop a gout attack from occurring, an injection of corticosteroids can help to alleviate the symptoms of gout. As the symptoms go away, the doses will become smaller and smaller. Relief from an attack will often start within the first 24 hours if you begin treatment quickly.

2. Anti-Inflammatory Medication

To help alleviate the pain accompanying a gout attack, allow the joint to rest. Taking an anti-inflammatory medication to help you feel better and reduce the pain in the joint. Avoid taking aspirin because that can raise the acid levels in the bloodstream.

To help prevent any additional attacks, you might be prescribed a medication to reduce uric acid build up in the blood. Allopurinol is commonly prescribed as a preventative.

3. Diet

Probably one of the most useful ways to prevent/manage gout is through a healthy diet. Gout is closely linked to men who drink large quantities of beer and other alcohol. Also red meat eaters tend to be more likely to get gout. Artificially sweetened fruit juices tend to increase uric acid. Also try to limit chicken and fish consumption. The key is a varied diet. So conversely, drink plenty of water and stay hydrated every day. Complex carbohydrates can also help, like organic fruits and veg, and whole grains.

Tips:

- Paying attention to what you eat can help to manage your gout symptoms.
- Eat moderate amounts of healthy foods to help control your weight and get all of the essential nutrients your body needs.
- Avoid a regular intake of seafood, alcohol and meat, especially beer.
- Make sure you consume an adequate amount of water and various other fluids to maintain hydration.
- Buildup of uric acid leading to a gout attack can end up causing harm to your joints.