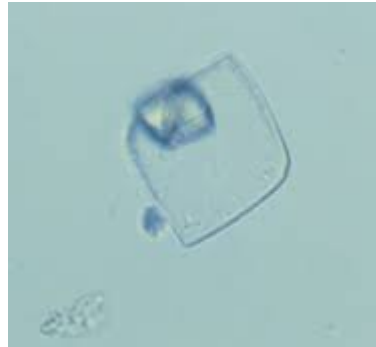


Doubts about Gout



- ✓ The normal level of serum uric acid is **< 7mg/dl** for **males** and **< 6mg/dl** for **females** of reproductive age group; however after menopause, there is no gender difference in normal values
- ✓ Raised serum uric acid may be deleterious : it can cause **gout** (acute severe painful swelling of joints, typically the ball of **great toe**, less commonly, the heel, knee or ankle),and **kidney disease**
- ✓ Moreover raised serum uric acid may be associated with high blood pressure, diabetes and other related metabolic abnormalities
- ✓ However, uric acid may also subserve certain beneficial functions in the human body
- ✓ Hence a **raised serum uric acid level in an individual need not always be treated** with stringent dietary restrictions and medicines
- ✓ Patients having high uric acid levels generally should avoid excess of **meats, animal organs, sea food** and **alcohol**
- ✓ Milk protein can, in fact, decrease uric acid level; **vegetable proteins are less harmful than animal protein**
- ✓ Presence of high uric acid disorders should not prevent the patients from consumption of vegetables
- ✓ While fructose as an artificial sweetener can raise serum uric acid level and should thus be avoided, fruits are not harmful so far as raised serum uric acid is concerned

The salient features of treatment of patients with high serum uric acid level are plenty of water intake, reduction in alcohol consumption, weight reduction, caloric restriction, avoidance of excess of meat, sea food, animal organs and fructose containing syrups, as well as certain drugs

Not all joint pains can be attributed to raised uric acid levels and raised uric acid levels need not always be treated with medicines, especially if that is asymptomatic

One should always seek expert advice before starting on therapy

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