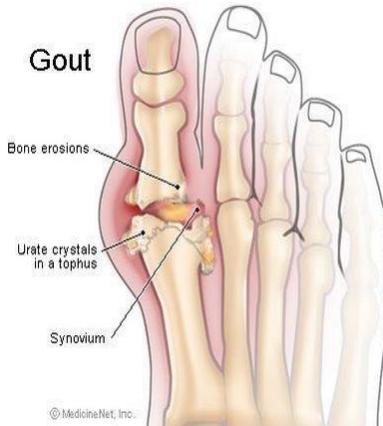


ARONSON FOOTCARE

Podiatric Medicine and Foot Surgery

Scott M. Aronson, D.P.M.
1017 Turnpike Street, Suite 12B
Canton, Massachusetts 02021
Phone: 781-344-1440 Fax: 781-344-1481
www.aronsonfootcare.com

GOUT



You have an acute joint inflammation called gout, due to a build-up of gout (uric acid) crystals in the joint fluid. This occurs in people with excess uric acid in their system. You either over-produce or under-excrete the uric acid in your system. Gout causes a red, hot, swollen and painful joint. Most commonly the great toe joint. If you have had one episode of gout, you are likely to have another. If these attacks become frequent, it may be necessary to take a daily medication to correct this. Gout occurs most commonly in men and appears to be an inherited condition. Diuretics (water pills) tend to elevate blood uric acid levels and can cause similar joint problems.

FOLLOW THESE INSTRUCTIONS CAREFULLY:

1. Use ice packs for 20 minutes every 2 to 4 hours to reduce pain and swelling.
2. Drink extra fluid (especially water) to help flush the gout crystals through the kidney.
3. Rest and elevate the painful joint(s).
4. You may want to use crutches for the first few days to keep from bearing weight.
5. Anti-inflammatory medication is used for this condition such as indomethacin (Indocin), ibuprofen (Advil, Motrin) or naproxen (Naprosyn, Aleve). Tylenol will not be effective.
6. Avoid aspirin (may slow down the flushing of the crystals through you kidneys).

FOLLOW THESE INSTRUCTIONS TO PREVENT FUTURE ATTACKS:

1. Foods high in purine form uric acid in the body and increase your risk for a gout attack; therefore avoid the following foods: certain seafood (anchovies, sardines, shrimp, scallops, herring, mackerel); wild game, meat extracts and meat gravies, organ foods (kidney, liver, calf brain sweetbreads).
2. Limit the following foods (one serving per day): red meat and pork, fish, poultry, dried beans and peas, asparagus, mushrooms, cauliflower and spinach.
3. Also limit (minimize) the intake of alcohol (including beer).
4. Low purine foods (OK to eat) include: Breads and grains (including cereals, pasta and rice); Beverages (carbonated drinks, coffee, milk and milk products); Vegetables (tomatoes, most green vegetables); Other (fruits, olives, eggs, cheese, chocolate, sugar).
5. Avoid injury to the joint since this can lead to a gout attack.
6. Maintain a healthy weight and get regular exercise.

NOTE: *A recent study found that patients with gout who consumed cherries or cherry extract over a two-day period showed a 35% lower risk of gout attacks in comparison to those who do not eat the fruit.*