

Got Gout?

How to Find Relief & Reduce Flare-Ups



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What is Gout?

- A common, metabolic disorder
- Occurs when uric acid builds up in the joint
- Most often affects the big toe joint



Why the Big Toe?

- Big toe is the coolest part of the body
- Cooler temperatures turn uric acid into crystals
- Crystallized uric acid in the joint cause a gout attack



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Too Much Uric Acid Causes Gout

- Uric acid is a byproduct of what we eat and drink
- In gout, there's too much uric acid
- The excess uric acid goes to the joint



Possible Reasons for Accumulating Uric Acid

- Family history
- Some medical conditions, such as
 - Kidney disease
 - High blood pressure
 - Obesity
- Certain medications and vitamins, such as
 - Diuretics; aspirin; niacin
- Lifestyle choices
 - Diet
 - Alcohol



Foods & Beverages That Can Trigger Flares

- High-purine foods
 - Shellfish
 - Organ meats (kidney, liver, etc.)
 - Red meat
 - High-protein diet
- Alcohol
 - Interferes with elimination of uric acid
- Each individual has his/her own triggers



Who Gets Gout?

- Most common in men 40 to 60 years old
- Can also occur in any adult, at any age



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Signs & Symptoms of a Gout Attack

- Intense, unrelenting pain in the big toe joint
 - Often in the middle of the night or when arising
 - Usually subsides in 1 or 2 days
- Lingering discomfort and inflammation
 - Redness
 - Swelling
 - Warmth
 - Usually resolves in 3 to 10 days



Seek Medical Help for Sudden, Intense Pain

- See a foot and ankle surgeon for diagnosis & treatment
- Gout can lead to arthritis
 - If it goes untreated
 - If multiple episodes occur



Diagnosing Gout

- Obtain personal history & family history
- Examine the joint
- Possible tests:
 - Needle aspiration
 - Laboratory tests
 - X-rays



Initial Treatment of a Gout Attack

- Medication
 - Prescription anti-inflammatory drugs
 - Steroid injections
- Dietary restrictions
 - Avoid high-purine foods
 - Avoid alcohol
- Fluids
 - Water and other fluids to prevent dehydration
- Rest, diet, or evaluation
 - Reduce the swelling and inflammation



Unresolved Gout

- If symptoms continue or you have repeated attacks
 - See your primary care physician
 - Maintenance treatment may involve medication
- Many people respond well to initial treatment and lifestyle changes



See a Foot & Ankle Surgeon for Gout Relief

Dr. Charles A. Sisovsky, DPM AACFAS
Fellowship-Trained Foot & Ankle Surgeon
American Health Network, OptumCare



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