

Experience in controlling gout is effective during treatment

Today gout is no longer a disease of the wealthy world alone but one of us may also encounter. Therefore, how to control and treat gout effectively is a concern for many people. In today's article, Quantrimang will tell you a few small experiences to help treat gout safely, simply and effectively.

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What is gout?

Gout or gout is also known as gout, it is caused by a disorder of purine metabolism in the kidneys, making it impossible for the kidneys to filter uric acid from the blood. In essence, uric acid is usually harmless and will be excreted in the urine or feces. However, for gout patients, uric acid builds up over time. When the level is too high, uric acid crystals will gather in the joint, causing swelling and inflammation, making the patient feel pain and discomfort.

Gout is often expressed as follows:

For acute gout : The patient will develop intense, intense pain . at midnight or near the morning, especially after meals that are high in protein, fat, alcohol . If you observe, you can see that in painful joints there is a very obvious inflammatory phenomenon such as redness, swelling .

For chronic gout: The patient will experience some joint pain, it will not be in constant pain, but will often recur. Every time it hurts, it will usually go away without any intervention. This is also the reason many people often mistaken for rheumatoid arthritis, osteoarthritis .



Factors that increase the risk of gout

According to statistics, the current incidence of gout is 1/200 people, regardless of age and gender. However, men in the age of 30-50 are at higher risk than women. In young people and children, the disease will have a low incidence, so even from the absence of gout manifestations based on the high risk factors below to effectively prevent this disease.

1. Excessive use of purine-containing foods
2. Diets consume too much protein and seafood
3. The disease appears more to men and older people
4. Drink too much beer for a long time
5. Fat
6. Genetic factors

7. New injury or just undergoing surgery
8. Abnormal kidney function
9. Using some drugs accidentally causes uric acid to accumulate as much as: Aspirin (pain reliever), chemotherapy drugs, diuretics, drugs can reduce the immune system like cyclosporine
10. There is a history of a number of diseases such as diabetes, impaired renal function, atherosclerosis, high blood pressure .
11. Dehydration, the body lacks water will make uric acid unable to be excreted in the urine, leading to accumulation in the long run.

These are just a few of the factors that you can refer to and do not mean that there are no signs that you are not at risk. To understand more, you can ask the specialist doctors directly for advice and answers.

Experience in controlling and treating gout effectively

There are many ways to help you manage and treat gout, here are some specific examples:

Build a balanced, reasonable diet

Diet is very important for people with gout. One of the main causes of gout is the overeating of protein, seafood, protein and fat.



When gout you should absolutely avoid eating some foods such as:

1. Visceral organs of all kinds of animals, red meat: Liver, veal, hard heart, brain .
2. Restrict seafood such as fish, shrimp, crab, scallops, herring, tuna .
3. Types of sugary drinks
4. Oily fast food
5. Yeast: Beer yeast, nutritional yeast .



So what should gout eat?

1. Fruits: Blueberries, watermelons, cucumbers, apples, pears . most of them are very good for people with gout.
2. Vegetables: Vegetables, celery, zucchini, pumpkin, eggplant .
3. Legumes: Lentils, black beans, soybeans, tofu .
4. Nuts: Cashews, chestnuts, walnuts, macca .
5. Whole grains
6. Vegetable oil
7. Dairy products
8. Types of tea, green tea, chrysanthemum tea .
9. Herbs.
10. Drink plenty of water, supplement foods containing vitamin C

Follow the treatment regimen

Gout will be controlled even if you are correctly diagnosed, always follow the right treatment regimen, combine the use of the medication and the diet given by the therapist.

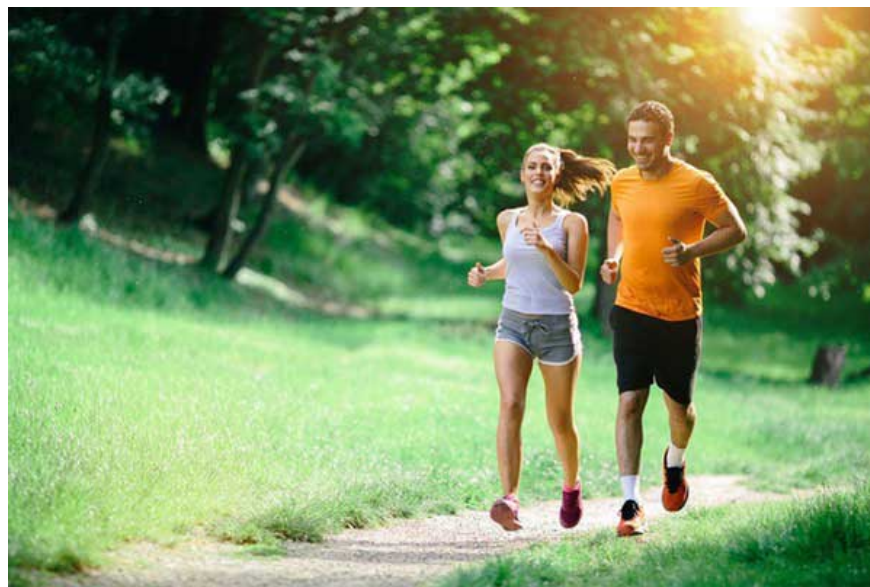
In the course of treatment, absolutely do not rush or arbitrarily change the use of drugs without the doctor's consent.



Control weight and exercise sports reasonably

Being overweight and obese also increases the risk of gout. Therefore, patients need to pay attention to weight problems, avoid overweight.

In addition, it is recommended to combine gentle sports that are suitable for your health to help maintain healthy health while reducing the amount of uric acid in the blood.



Regularly monitor uric acid index at home

Monitoring uric acid index regularly will help you detect and get the most reasonable, timely adjustments if they are too high.

By using blood sugar, uric acid test strips at home like:

1. Uric Acid Test Stick (Gout) for Rossmax Easy Touch GCU ET322 (25 rods). Selling price: VND 240,000
2. Uric Acid Test Stick - Accessories for Benecheck Plus blood glucose meter (25 sticks). Price: 360,000 VND.
3. Rossmax Easy Touch GCU ET322 3 in 1 blood glucose meter. Price: VND 1,150,000
4. Blood glucose meter 3 in 1 Benecheck Plus. Price: VND 860,000



Hopefully, with the above sharing, you will know how to control and treat gout most effectively. If you have any questions about products of blood glucose meters that detect gout or uric acid test strips, please contact the hotline immediately for further advice: In Hanoi: **024.3568.6969** or in HCMC: **028.3833.3366** .

>>> Refer to the article:

1. Distinguish from acute, chronic gout and gout disease

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