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Objectives

- **Define gout.**
- **Identify symptoms of gout.**
- **Discuss causes of gout.**
- **Discuss diagnosis of gout.**
- **Identify treatment of gout.**



Introduction

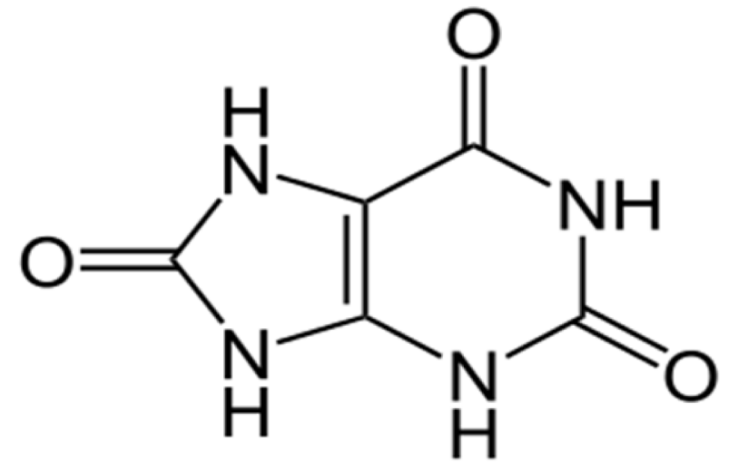
Gout attacks can come on quickly and keep returning over time, slowly harming tissues in the region of the inflammation , and can be extremely painful. Hypertension , cardiovascular, and obesity are risk factors for gout .



Definition



Gout is a disorder characterized by high levels of uric acid in blood, as a result of either over-production or underexcretion of uric acid. Hyperuricemia results in the deposition of crystals of sodium urate the end product of purine metabolism in tissues, especially the kidney and joints , causing first acute and progressing to chronic gouty arthritis [Note: Hyperuricemia does not always lead to gout, but gout is usually preceded by hyperuricemia.]

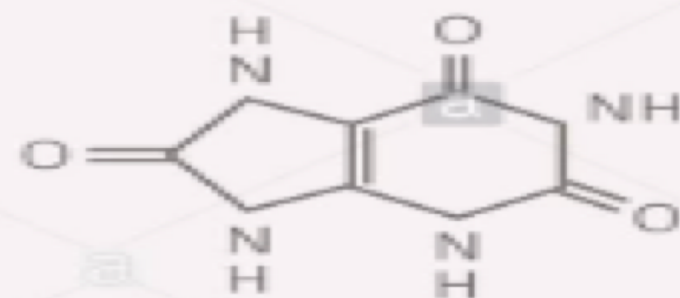


symptoms

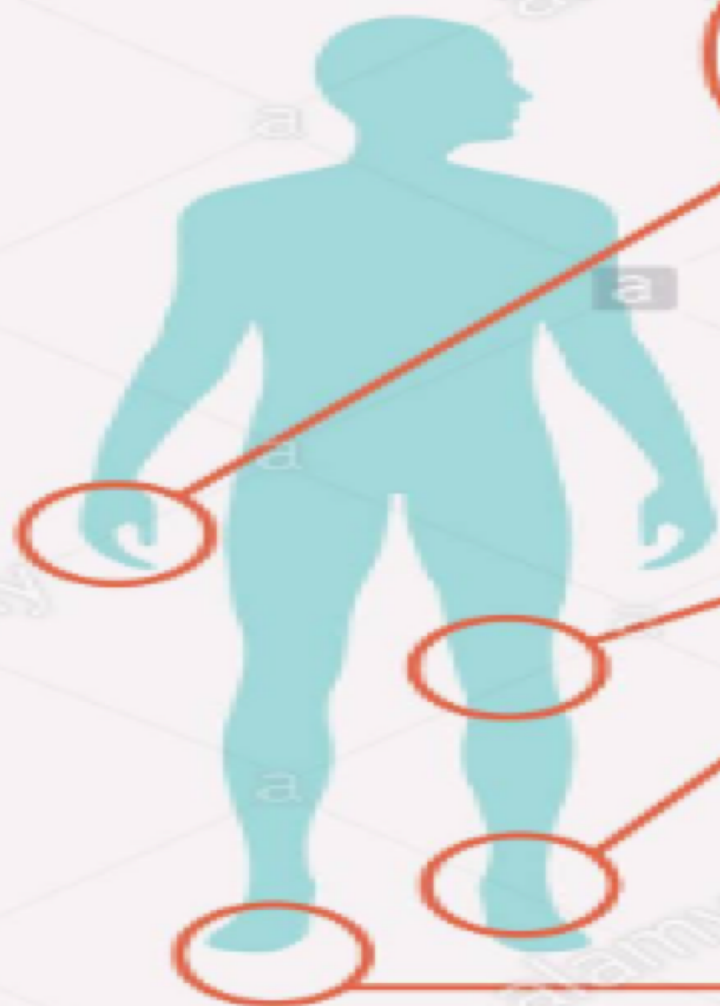


4-6%
OF THE POPULATION
SUFFERS FROM
GOUT

GOUT



uric acid is the cause of gout



fingers joints



knee joint



ankle joint



big toe joint

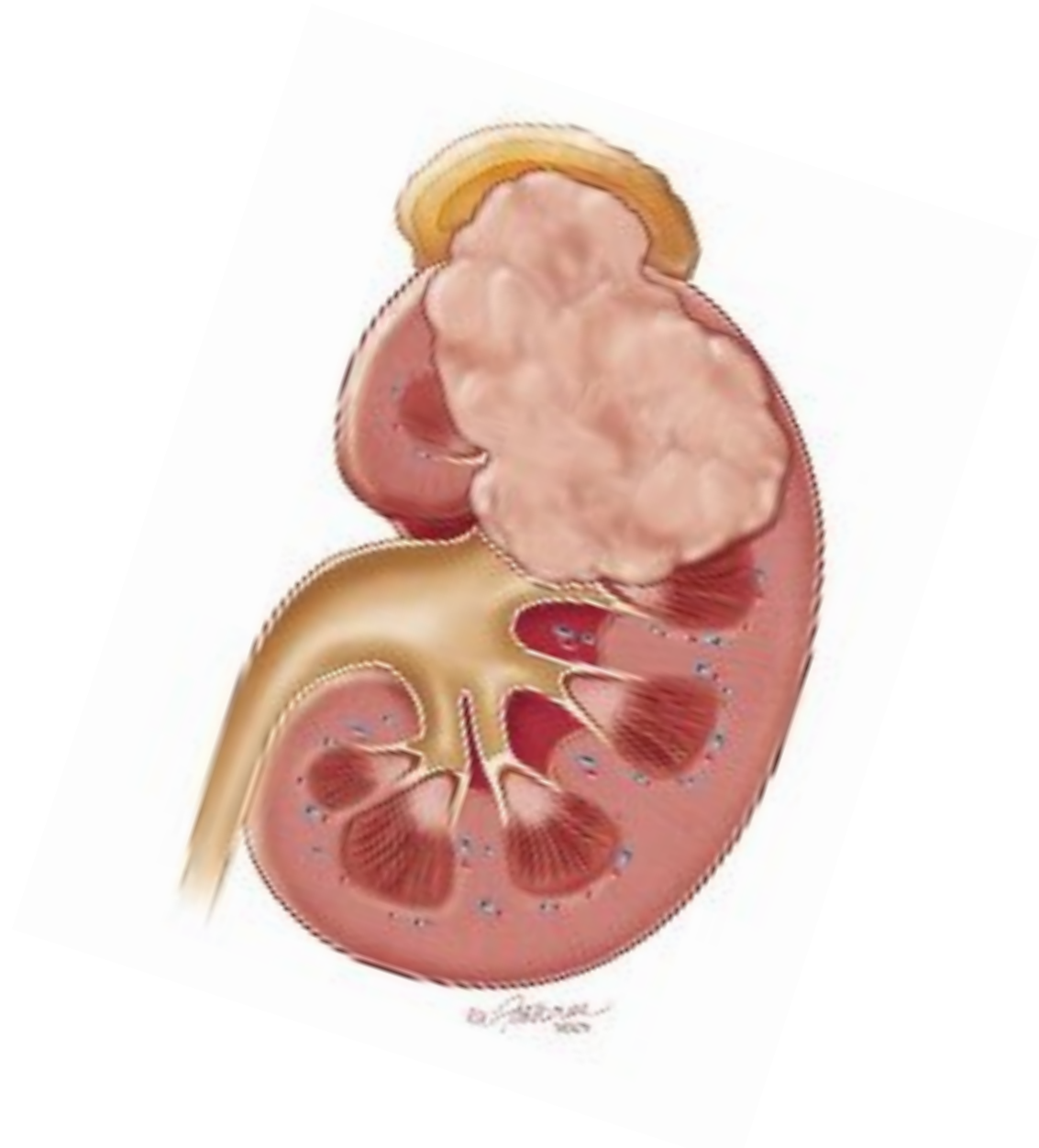
Causes



Lifestyle



Genetics



Medication



Diagnosis





physical exam



**symptoms
evaluation**



**synovial fluid
analysis**



blood tests



x-ray



Treatment



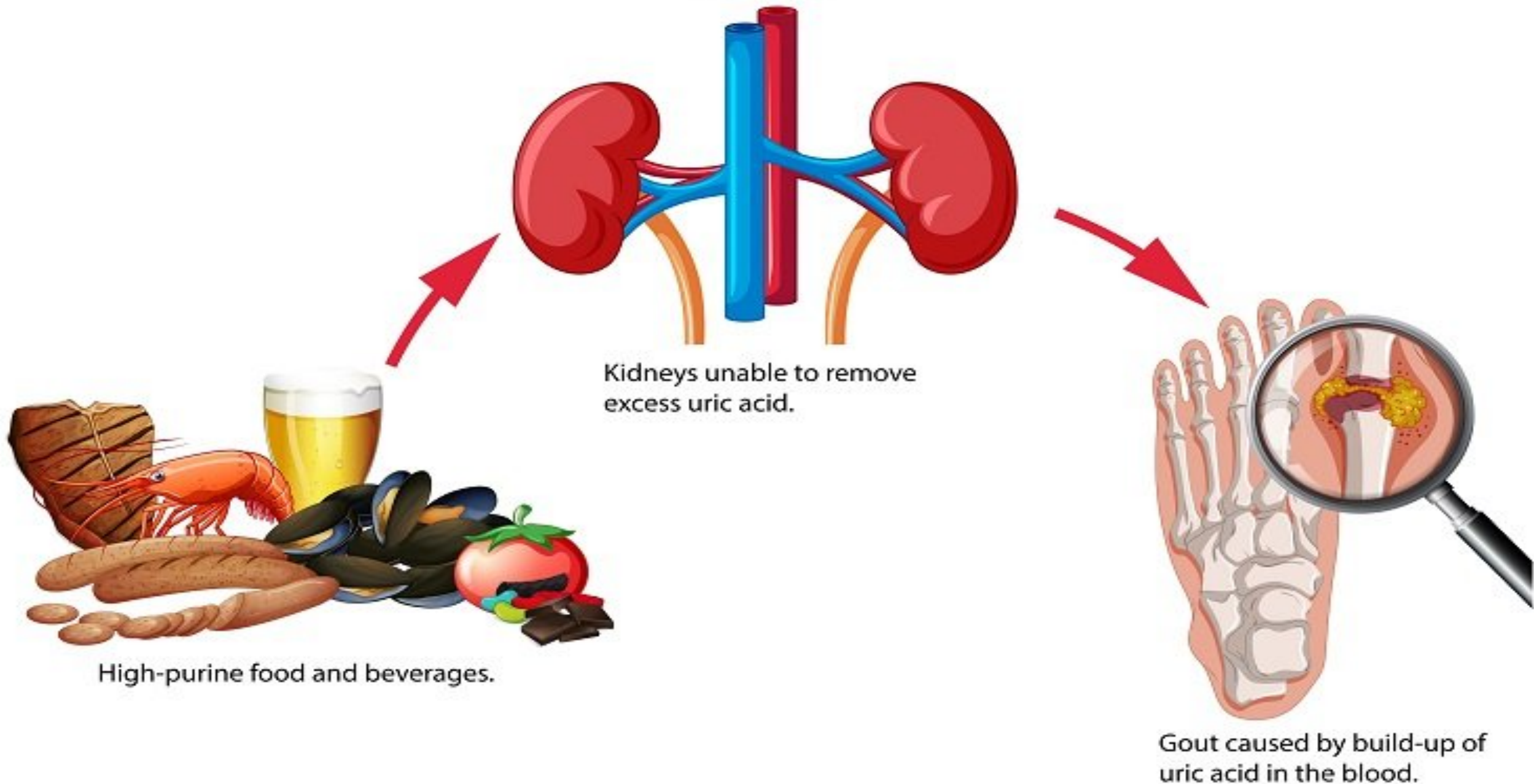
The initial aim of treatment is to settle the symptoms of an acute attack .Repeated attacks can be prevented by medications that reduce serum uric acid levels .Tentative evidence supports the application of ice for 20 to 30 minutes several times a day to decrease pain.



Summary



Gout from High-purine Foods



References

- Lippincotts Illustrated Reviews Biochemistry
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- <https://www.verywellhealth.com/overview-of-gout-4160956>
- <https://www.medicalnewstoday.com/articles/144827>



Thank you

