

Gout

(痛風 英文)

◆What are purines?

Purines, nitrogen-containing compounds, developed from foods containing nucleoprotein in the body. Uric acid forms purines through liver metabolism and Uric acid will expel through the kidney. The condition of hyperuricemia is indicative of a high level of uric acid in the blood (>7g for men, >6g for women).

◆Possible causes of hyperuricemia

1. Intake of purines or foods causing an increase in purines compounds
2. Increase of uric acid compound
3. Blockage of uric acid excretion in the kidney
4. Blockage of uric acid in intestines

◆Chronic hyperuricemia may cause

Gouty arthritis, kidney disease, Ureter stone, Uric acid, Metabolic Syndrome.

◆What is gout?

Gout is often caused by the abnormality of metabolism of purines in the body which causes hyperuricemia leading uric acid depositing in the joints and cause arthritis, deformation of swollen joints.

1. What is the relationship between gout and hyperuricemia?

Studies shows: an elevated blood level of uric acid (hyperuricemia) may indicate an increased risk of gout.

2. 4 stages of gout:

- (1) Asymptomatic hyperuricemia
- (2) Acute gout attack
- (3) Intercritical gout
- (4) Chronic tophaceous gout

3. Gout risk factors: injuries, excessive alcohol or food intake, surgeries, infections, radioactive treatments, medicines, hunger, etc.

◆Gout patients' diet

1. Ideal weight to maintain

Ideal weight using the following formula:

Idea weight (kg)

Male: (height (cm)-80)x0.7

Female: (height (cm)-70)x0.6

Please sign if you have understood the above information about gout.

(Patient or family's signature)

(date)



高雄市立聯合醫院
Kaohsiung Municipal United Hospital

P8800100 97.12.2000 張 21x29.7cm

2. If your weight exceeds 10% of the ideal value, you should reduce your weight slowly by 1-2 kg each month. Do not reduce weight during period of acute gout attack.
3. Do not excessively intake protein. In normal condition, you should intake 1g of protein per kg of your ideal weight.
4. During period of gout attack, you should take low purines foods such as: egg and diary products, rice, cereals, potatoes, green-leafy vegetables, a variety of fruits, and protein from egg and diary products.
During non-gout attack period, you should have a balance diet and avoid high purines foods <please refer to the attached form: high purines foods>
5. Use appropriate amount of oil when cooking. Avoid fried foods and eating out.
6. Even though soy bean products <ex: tofu, dried tofu, soy milk, bean sprouts > contain high purines, the type of purines found in these products differ from the ones in meats, therefore can be taken within an appropriate quantity.
7. Avoid eating meat soup or juice < a great quantity of purines will leak out from the meats after cooking>
8. When losing appetite, liquids which contain sugar are needed to avoid dissolution of body tissues causing gout.
9. Drink more water; at least 2000ml; approx. 9-10 glasses of water daily.
10. Avoid alcohol (empty stomach may trigger gout attack)
11. Avoid excessive food or drinks intake.

◆ Foods rich in purines

(Each 100g of the below foods contain 150-1000 purines, please avoid eating them)

1. Beans to sprout, soy beans
2. Chicken liver, chicken intestines, pork liver, pork small intestines, beef liver.
3. Silvery pomfret, chub, milk fish, Tilapia fish, Mackerel, hair tail fish, mullet, larval fish, shark, sardine.
4. Tubule, Tiger prawn, oyster, clams, scallop.
5. Tiny anchovies, anchovies.
6. Bean sprouts, soy bean sprouts, asparagus.
7. Laver mushrooms.
8. Meat juice, meat pottage, chicken essence.
9. Yeast powder.