

German League against Rheumatism: How to contact us

Gout is a rheumatic illness.
That is why we know a lot about it.
You can learn gymnastic exercises from us.
Or exchange ideas with other people
who have rheumatic illnesses.

We would like to help you further:

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Publisher: Deutsche Rheuma-Liga Bundesverband e.V.,
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graphics: Thorsten Hofmann; Photos: determined – Fotolia
1st edition, 30,000 copies, 2015; print number: C147/BV/11/15

*20 ct per call from German landlines; max. 42 ct per call via mobile phone networks

What helps against gout?

The doctor first takes a blood sample.
This is so that he can tell
how much uric acid is in your body.
He can also take liquid
from the painful joint.
He examines this liquid
for uric acid crystals.
At the beginning there is little point
in taking X-ray pictures.
This is because gout
can only be seen in x-ray pictures
if you have had
the illness for several years.

Medicines are not always needed
for gout.

It is important to keep your weight
at a healthy level.

You should also exercise regularly.

Food is also very important.

Food must not contain too many purines.

For instance, there are a lot of purines
in meat and some sorts of fish.

Peas, lentils and white beans
also contain a lot of purines.

You should also not drink alcohol,
especially beer.

On the other hand,
there are only a few purines in salad,
potatoes, milk and milk products.

If this does not help,
there are medicines against gout.

They work in different ways.

The doctor knows
which medicine is most suitable.



Gout

Easy to understand



**Your doctor has told you
that you have gout.**

**This will give you some information
to help you understand
this illness better.**

Gout – What's that?

Gout is an illness
which affects the joints.
They often become inflamed
and are very painful then.
The reason is
that uric acid crystals form in the joints.
This always causes new inflammation.

What causes gout?

Many foods contain things
called purines.
These purines
become uric acid in the body.
Also, certain processes in the body itself
always make uric acids.
Usually, the uric acid is regularly
flushed out of the body in urine.
Thus there is never too much uric acid
in the body.
But in many people
this does not work properly.
When this happens,
the excess uric acid concentrates
in particular places in the body.
Very often it concentrates
in one or more joints.
There it changes into uric acid crystals
after some time.

These crystals
are like little grains of salt.
They rub against the joint
and at any time
it very suddenly starts to be painful.
The doctor calls this a gout attack.
The pain often starts at night.
And often in the joint of the big toe.

The painful joint feels hot.
It is red to blueish in colour
and very swollen.
The smallest movement is very painful.
You often also have a headache
or a fever or feel sick.
Sometimes your heart beats
much faster than usual.

A gout attack like this can last ten days.
After this it may not be painful
for a long time.
But if nothing is done
about the uric acid
there will be another gout attack
sooner or later.
Then the intervals
between the gout attacks
will become shorter and shorter.
The joints be slowly damaged
by the repeated inflammation
and will become deformed.
In the end they will be
permanently swollen
and every movement will be painful.