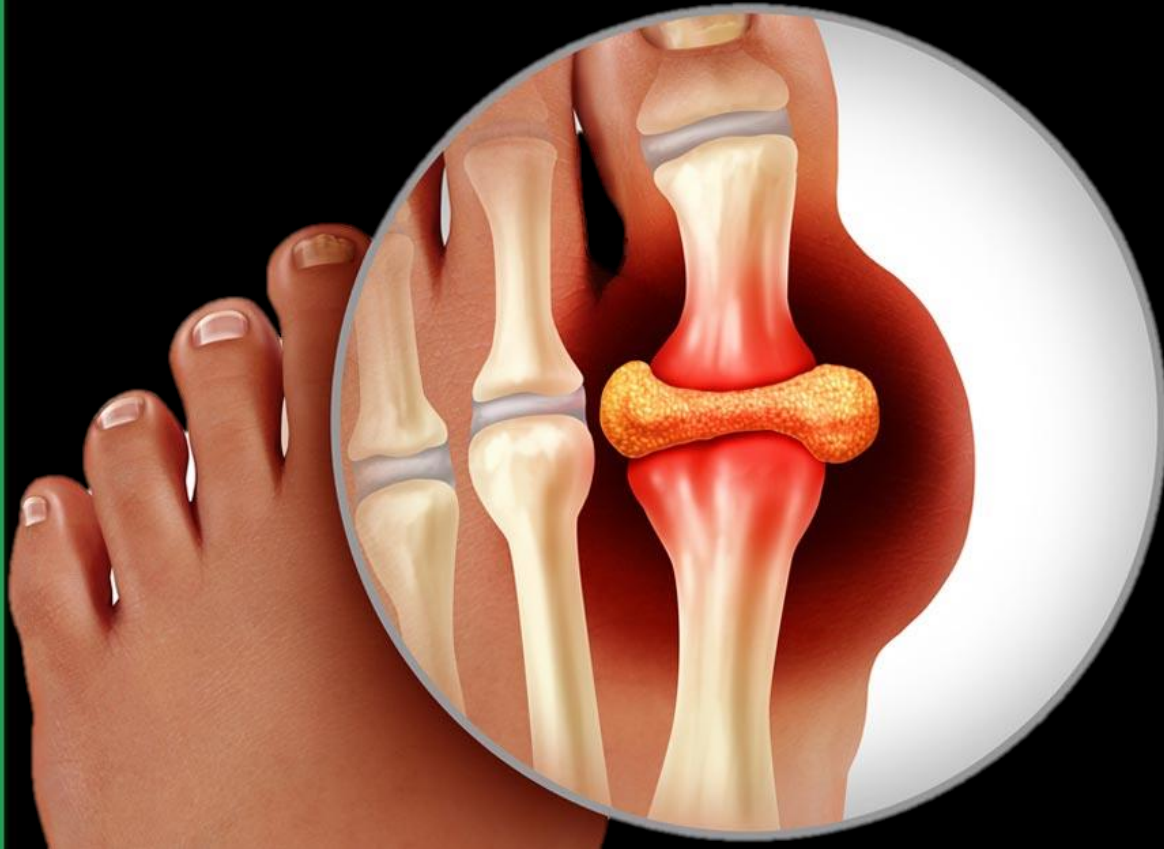


# GOUT / गाउट



# CAUSES

- ❖ A buildup of excess uric acid in your body causes gout
- ❖ Alcohol regularly
- ❖ Genetic
- ❖ By excess Animal Proteins (animal flesh, shellfish )

# RISK FACTORS



- Overweight or obesity
- Congestive heart failure
- Diabetes
- Hypertension (high blood pressure)
- Kidney disease
- Blood cancer

# SYMPTOMS



- Intense pain
- Discoloration or redness
- Stiffness
- Swelling
- Tenderness, even to a light touch (like a bedsheet covering your affected joint)
- Warmth, or a feeling like the joint is “on fire”

# TREATMENT



- NSAIDs: like **Ibuprofen** and **Naproxen**
- Colchicine
- Corticosteroids: oral (by mouth) pills or Injection
- Low purine diet
- Avoiding alcohol and sweet drinks.
- Drinking plenty of water
- Icing your joints 15-20 minutes
- By avoiding intense exercise or physical activities



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# MEDICINE DICTIONARY

(Complete A TO Z Information)

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