Gout & Diet

Gout is a condition where the body accumulates uric acid, which can lead to the formation of crystals in the joints, causing inflammation and pain.

**Medical Advice:**

- **Symptoms:** Joint pain, swelling, redness, and tenderness.
- **Prevention:** Eat a balanced diet, stay hydrated, avoid alcohol and excess purines.
- **Treatment:** May include medication, dietary changes, and in severe cases, surgery.

**Preventive Measures:**

- Reduce alcohol intake.
- Limit foods high in purines: seafood, organ meats, and red meat.
- Increase fruit and vegetable intake.

**Management of Gout:**

- **Medications:** Nonsteroidal anti-inflammatory drugs (NSAIDs), colchicine, and urate lowering therapies.
- **Lifestyle Changes:** Regular exercise, weight management, and stress management.

**Resources:**

- Arthritis Australia
- Gout & Uric Acid Foundation

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**Expected Outcomes:**

- Improved joint function.
- Reduced inflammation.
- Increased quality of life.

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**Frequently Asked Questions:**

- **What causes gout?** Excess uric acid in the blood.
- **How is gout treated?** Medications and lifestyle changes.
- **Can gout be cured?** Yes, with proper management.

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**Key Points:**

- Gout is a painful condition.
- It can be managed with lifestyle changes and medications.
- Early treatment is crucial to prevent joint damage.

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**References:**

- National Institute of Arthritis and Musculoskeletal and Skin Diseases.
- Mayo Clinic.

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**Disclaimer:**

The information provided is for educational purposes only and should not replace professional medical advice.
Dietitians Association of Australia

Dietitians (Association of Australia’s)

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