

## Drug and Diet Therapy for Gout

In the last few years no new treatments for the well known condition called Gout have been discovered. A therapeutic cure of the disease has not been approved by the medical associations. Though, physicians and patients seem to have access to more information on Gout and also understand better how it can be kept under control. People now know how to use the standard agents to improve their condition and even get rid of it. An acute Gout attack can be well managed by administering three major drugs with action on the purine metabolism: Colchicines, NSAID and corticosteroids. Any of the treatments have an increased chance of success if started at the very beginning of the acute attack. Corticosteroids are more preferred by physicians as they are safer in patients with other medical conditions, especially those with heart or kidney transplants. Colchicines and NSAIDs showed increased risks in tarred organisms. Patients with infrequent Gout attacks must be treated as soon as possible as doctors will now expect recurrence during the same year in about 50% of the cases. A supported prophylaxis is required in patients with more than 2-3 yearly attacks, in those with clinical tophi, renal calculi or those with higher than 10mg/dl uric acid levels. In patients not exposed to the mentioned side-effects of NSAIDs and Colchicines, these two drugs may be helpful as well in the prophylaxis. If both products prove their inefficiency and the patient develops gout tophi or kidney stones, an additional agent can be added to the medication. Such a substance might be Allopurinol, Probenecid and Sulfinpyrazone and all lower the seric uric acid level under 7mg/dl. If used during an acute Gout attack, all three drugs may lead to the mobilization of the uric acid crystals and cause major side-effects. The medication must be started after the clinical acute phase. Asymptomatic obese Gout patients are always advised to loose weight, as a low-purine diet does not seem to be efficient anymore. This occurs thank to the drug therapy with Allopurinol and uricosuric agents that decrease uric acid in the blood. Gout patients are being advised to give up alcohol or reduce it to a minimum. Codeine and Meperidine are rarely as analgesics in controlling acute attacks. Aspirin containing products may prolong the Gout attacks due to the fluctuations in the uric acid level. They should not be administered in Gout patients. Very rare cases of Gout in pregnant women are known; if they occur, acute attacks can be successfully treated with corticosteroids. Elder patients tend to suffer from kidney failure and other co morbidities and are more susceptible to develop side-effects of NSAIDs and Colchicines in case of long or even short-term treatments. Any use of Allopurinol, Probenecid or Sulfinpyrazone can also trigger severe side-effects.

## About the Author

Some might expect that since the vegan diet contains a form of iron that is not. It is easy to obtain iron on a vegan diet. Table 3 shows several.

Source: <http://productsherbal.com>