



My Drift

Title: Gout

Written By: Jerry D. Petersen

Date: 10 May 2026

Article Number: (531-2026-14)

Gout is a common, painful form of inflammatory arthritis caused by high levels of uric acid crystallizing in joints, often the big toe. Symptoms include sudden, intense pain, swelling, and warmth, usually peaking within 12–24 hours. Triggered by diet, alcohol, or obesity, it progresses from acute flares to potential chronic, joint-damaging tophi.



Tophi (tophus) are hard, visible, or palpable lumps of uric acid crystals that form under the skin or in joints in individuals with chronic, untreated gout. They represent advanced disease, appearing years after initial flares, and can cause joint damage, severe pain, infection, or skin ulceration, typically on fingers, toes, elbows, or ears.



What Causes Gout

Gout is caused by hyperuricemia, a condition where too much uric acid (a waste product) builds up in the blood, causing needle-like urate crystals to form in the joint. This leads to inflammation and intense pain.

- **Dietary Factors:** High consumption of meat, seafood, and fructose-sweetened drinks.
- **Alcohol:** High alcohol intake.
- **Health Conditions:** Obesity, high blood pressure, diabetes, and kidney disease.

GOUT DIET FOOD LIST		
EAT 	LIMIT 	AVOID 
Fruits & Vegetables • Bell Peppers, Berries & Cabbage • Carrots, Celery & Cilantro • Cherry & Cherry Juice • Garlic, Ginger, Grapes • Green Beans & Guava • Lemon & Oranges • Strawberry & Tomato	Fruits & Vegetables • Asparagus & Bagels • Spinach & Sour Cream	Fruits & Vegetables • French Fries
Grains, Starches & Sweets • Bananas, Barley & Broccoli • Brown Rice, Oats & Olive Oil • Parsley & Pears • Pineapple • Potatoes & Quinoa • Sweet Potato & Turnip • Whole Wheat Bread • Whole-Grain Pasta	Grains, Starches & Sweets • Barley (Large Portion) • Bran & Brown Rice • Cakes & Candies • Chips (Potato Chips) • Dark Chocolate (70%+) • Mayonnaise & Muffins • Oats (Large Portions) • Pastries & Desserts • Quinoa (Bulk) • Sugar Free Cereals • Wheat Germ & Bread • White Bread & Rice	Grains, Starches & Sweets • Deli Meats & Donuts • Sweetened Cereals
Beans, Nuts & Yeast Foods • Almonds/Almond Milk • Apples & Flaxseed • Black & Kidney Beans • Kale, Lettuce & Lentils • Split Peas & Tempeh • Walnuts & Zucchini	Beans, Nuts & Yeast Foods • Green Peas & Ham	Beans, Nuts & Yeast Foods • Marmite/Vegemite • Yeast Supplements
Dairy & Yogurt • Cottage Cheese • Greek Yogurt (Low-Fat) • Low-Fat Cheese/Milk • Ricotta (Low-Fat) • Skim, Soy Milk & Tofu	Dairy & Yogurt • Cheese (Full-Fat) • Crabs & Cream • Whole Milk • Yogurt Full-Fat/Sugary	Dairy & Yogurt • Cream Sauces
Drinks, Fats & Sauces • Avocado/Avocado Oil • Balsamic Vinegar • Cucumber & Coffee • Melons & Mustard	Drinks, Fats & Sauces • Butter & Biscuits • Flounder • Fruit Juice	Drinks, Fats & Sauces • Bouillon Cubes • Corn Syrup & Salami • Energy Drinks/Sugary • Fish Stock Cubes • Hard Liquor • Instant Soups • Sports Drinks • Sugary Energy Shots • Sweetened Beverages
Protein (Meat, Fish, Eggs, Soy) • Eggs • Edamame	Protein (Meat, Fish, Eggs, Soy) • Beef (Lean Red Meat) & Catfish • Cauliflower & Chicken • Fatty Cuts Of Meat • Lamb & Lean Pork • Lobster & Mushroom • Salmon & Shrimp • Sausages (Little) • Salmon & Shellfish • Tilapia & Turkey • Tuna (Water Canned)	Protein (Meat, Fish, Eggs, Soy) • Anchovies & Bacon • Beer & Brain • Bologna Meat • Corned Beef • Duck (Game Meat) • Goose & Gravy Mixes • Haddock & Hot Dogs • Kidneys & Liver • Mackerel & Mussels • Meat Broths • Pepperoni • Processed Meats • Sardines & Scallops • Shellfish Roes • Soda & Sweetbreads • Tripe & Trout • Venison & Wild Game

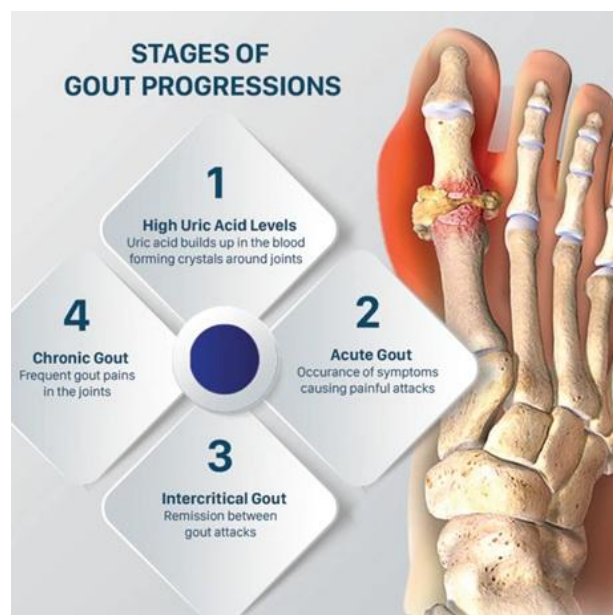
Symptoms of Gout

Gout symptoms involve sudden, severe attacks of pain, swelling, redness, and tenderness in joints, most commonly the big toe, often occurring at night. The pain is intense, usually peaking within 4 to 12 hours, with lingering discomfort lasting days to weeks. Affected joints feel hot, tender, and look inflamed.

- **Intense Joint Pain:** Often affects the big toe, but can also occur in the ankles, knees, elbows, wrists, and fingers.
- **Inflammation and Redness:** Affected joints are swollen, tender, warm, and red.
- **Limited Movement:** Joint stiffness or inability to move the joint normally during a flare.



Stages of Gout



What Does Gout Feel Like



Risk Factors for Gout

- **Sex and Age:** Men are more likely to develop gout, usually between ages 30-50. Women are more likely to develop it after menopause.
- **Genetics:** A family history of gout.
- **Obesity:** Higher body weight produces more uric acid.
- **Medications:** Certain medications, including diuretics, can increase uric acid levels.

123RF

Risk Factors of Gout



Male > Female



Food Rich
in Fructose



Excessive
Alcohol Intake



Obesity



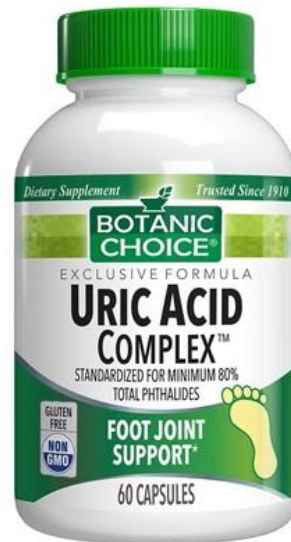
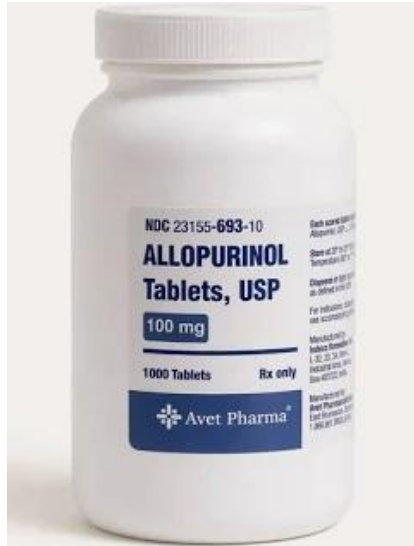
Diet Rich
in Purines



Chronic Kidney
Disease

Prognosis and Management

While gout is a chronic condition, its prognosis is good with proper management. Early diagnosis, lifestyle changes (diet, exercise), and medication (such as allopurinol) can prevent future attacks and manage uric acid levels. If left untreated, it can lead to permanent joint destruction, kidney stones, and chronic pain.



Bigdrifter44@gmail.com

Bigdrifter.com