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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Top Ten Causes Of Gout

By Lisa McDowell

The disease of Gout is caused by the accumulation of too much uric acid in the body. Substances

called purines are broken down and the outcome is an abundance of uric acid. Purines can be found in tissues all over the body. Purines can also be found in many foods that we eat such as liver, anchovies, peas, and green beans. Generally uric acid is naturally dissolved in the blood. The uric acid passes through the kidneys in the body and then exits the body in the urine. Sometimes though uric acid builds up in the blood when:

1. The body naturally increases the amount of uric acid it produces.
2. The kidneys, for some reason, do not do their job of purifying the blood and does not exit enough of the uric acid from the body.
3. A person eats a diet that consists of foods that have high levels of purines.

When the uric levels in the blood are very high it is then called hyperuricemia as most people that have hyperuricemia do not go onto develop gout. Gout can develop though if there are large amounts of uric acid crystals form in the body.

There are some reasons you can be more likely to get gout.

1. If you have a family history of gout you are more likely to be afflicted with the disease.
2. Men are more at risk to get gout than women.
3. If you drink a lot of alcohol or have a drinking problem in which you drink a large amount on a regular basis than you are more likely to get gout.
4. People who have a weight problem also are more likely to become afflicted with gout. The more obese a person is the higher the chances that they will get gout.

Top Ten Causes Of Gout

5. Considering that foods high in purines can cause gout it goes without saying that by consuming large amounts of foods high in purines will increase a persons chance of developing gout.
6. If you have had an organ transplant than you are more likely to have gout than those who have not had any organ transplants.
7. Being exposed to lead in any way will increase a person's chance of getting gout. By knowing the chemicals with lead in them you can decrease your chances of becoming afflicted with gout.
8. If you have an enzyme defect within your body that does not naturally break down purines than you are more likely to get gout. By not breaking down the purines the uric acid crystals can start to form throughout the body.
9. There are some medicines that if taken can increase your change of getting gout such as diuretics, cyclosporine, levodopa, and even aspirin.
10. By taking the vitamin of niacin you increase your chances of developing gout.

Lisa McDowell has an interest in Gout. For further information on Gout please visit

<http://www.cure-gout-now.com/gout.html>

or

<http://www.cure-gout-now.com/blog/2006/10/03/top-ten-causes-of-gout/>

Four Stages Of Gout

By Lisa McDowell

Gout is a very painful form of arthritis. Gout occurs when there is an abundance of uric acid built up in the body. When there is a buildup of Uric acid in the body it can lead to things such as sharp uric acid crystals in the joints throughout the body especially in the big toes, other deposits of uric acid, which are called, tophi, that look very similar to lumps underneath the skin, and the formation of kidney stones which is a result from a buildup of uric acids in the kidneys.

For the majority of people that have the unfortunate occurrence to get gout it most often strikes in the area of the big toe. Many times the gout attack can be severe and very painful as it often awakens one from sleep when the attack occurs. The big toe which is inflicted with gout is extremely sensitive and sore and often times warm and swollen.

Gout can be broken down into four main stages:

Top Ten Causes Of Gout

1. Asymptomatic Hyperuricemia is the first stage of gout in which you will not feel any symptoms but gout is starting to form. In stage one the uric acid levels are higher and it needs to be taken care of so that the uric acid does not precipitate out of blood and then become crystallized in kidneys or the joints.
2. The second stage of gout is acute gout or acute gouty arthritis. It is at stage two when gout starts to do damage to the body. High levels of uric acid make it so it is impossible for the blood to keep it in a form that is dissolved and it begins to crystallize and then be deposited in joint spaces. This is when pain and swelling then occurs. Attacks generally happen in the evening and if not treated can last for weeks at a time. If not treated still the attacks become more severe and last for longer periods of time.
3. The third stage of gout is Intercritical gout as this is the time when an attack of gout has subsided. In stage three there are no symptoms but it is because the body's immune system is stabilizing itself for more attacks on the uric acid crystals which form because of the high concentration of blood. If the person afflicted with gout does not get treatment by stage three the disease can be hard to control.
4. The fourth and final stage of gout is chronic gout which is the worst and most destructive stage of the disease. By stage four the gout has caused permanent damage to the joints and in some cases the kidneys as well. At stage four the afflicted joint can become deteriorated and cause extreme pain which can be crippling. In extreme cases the kidney can lose its functions which can lead to kidney failure and death.

Gout is a disease like many others which builds upon itself if not treated at the beginning stages. By seeing the symptoms early and being checked by a physician you can reduce the chances of gout reaching the latter stages.

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