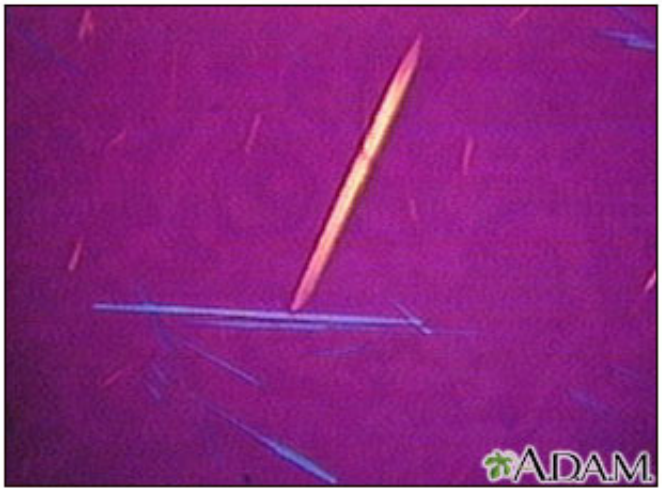
What are Uric Acid Crystals?

by NEWLIFEOUTLOOK TEAM

Uric Acid Crystals Under Polarized Light

Although they might seem small, uric acid crystals are what build up and produce gout. Limiting the uric acid crystals isn't just about talking medication but there are complementary approaches to take as well. Your alcohol consumption should be minimized. If you have difficulty with this, cutting back gradually can help. If you still have problems, look into a support group for individuals who are trying to limit their alcohol intake. Also avoid purine-rich foods, which include liver, kidney, sardines, and sweet breads. It's always difficult to change your lifestyle but try to think about how difficult gout makes your life and how much pain it adds. Finding and keeping motivation will help you stay on track to avoid severe gout attacks.



These spiked rods are uric acid crystals photographed under polarized light. Increased uric acid blood levels and formation of uric acid crystals in the joints are associated with gout.