Getting Involved in Current Gout Research Studies

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Gout Research Study

Hippocrates once called one of the oldest known forms of arthritis the “unwalkable disease”; that disease was gout. There is evidence that this condition has afflicted humankind for thousands of years; the skeletons of several Egyptian mummies showed evidence of gout.

Scientists have a good understanding of what causes gout and how the condition interacts with drugs. It is considered to be one of the best and most controllable forms of arthritis. Research on gout continues, in an attempt to find even better treatments and to find better ways prevent this condition in the future.

Current Research Studies

Current research investigates several aspects of the disease; some studies are comparing different NSAIDs (non-steroid anti inflammatory drugs) to find the safest and the most effective variety. Other studies investigate the optimal dosages of the drugs Colchicines and Allopurinol to control or prevent gout attacks. New therapies involving biological agents are also under research, and are focused on finding drugs that block TNF (tumor necrosis factor), a substance that plays a key role in the inflammation.

The roles of overall diet and specific foods are also analyzed. For example, some gout research studies found a correlation between the consumption of low fat diaries and the reduction of gout incidence, especially in men. Another study concluded that vitamin C can be used for both the prevention and management of gout.

The genetic component of gout is another critical area of research; doctors want to better understand how genes and environmental factors affect uric acid production and the development of gout.

The link between gout and obesity, advanced age, alcohol consumption, high blood pressure, diuretics (water pills) and fructose rich beverages has been established in other studies conducted throughout the last several decades.

Getting Involved

Are you a gout sufferer and are interested to learn more about any of these studies? You may consider participating in a gout research study. Talk to your doctor and ask how you can benefit from participating in a study, and which type of study he or she would suggest for you. Check the official website ClinicalTrials.gov searching the keyword ‘gout’. You will find many studies, and their current status. Pay special attention to those that are “Not Yet Recruiting”, and “ Recruiting “, click on the title and learn more details. Pay attention to the selection criteria, which describes the individuals who would make a suitable candidate for the study. You will see a contact phone number or email for the person you need to speak with. To get a better idea of what to expect, look for studies with the status “Completed has Results.” Keep in mind that not all studies will involve the assessment of a new drug. Some studies, like observational studies, will simply evaluate your diet or other

lifestyle factors to determine how they correlate with your disease. In other studies, an old drug may be evaluated, but in new doses. The inform consent will provide details about the benefits and possible risks associated with your participation to the study.