Top NLO Gout Articles of 2014

by NEWLIFEOUTLOOK TEAM

How Gout Sufferers Can Reduce Tophi

Reducing tophi really comes down to controlling the disease in its chronic state. This can be achieved in several ways.

High Purine Foods & Gout

Overindulging in high purine foods and alcoholic beverages over the holidays are well known trigger factors for a gout attack.

Symptoms of Gout

Gout occurs suddenly and causes joint pain that is excruciating. Gout can occur in different joints of the body but most often occurs in the big toe.

Recipes for Your Gout Diet

You can still enjoy your meals – despite your gout diet restrictions – because there are plenty of delicious recipes that include gout-friendly ingredients.

Preventing and Managing Gout Complications

There is a number of complications associated with gout, but there is also a number of things you can do to prevent and manage them.

Vitamins for Gout

Vitamin C and pantothenic acid are both important vitamins for converting uric acid, and therefore preventing gout attacks.

Do You Drink Enough Water?

Water can help to wash away gout crystals from the joints where they create pain, rinsing them out of the body.

How to Relieve a Gout Attack

Pain management is a crucial part of living with gout. Consider these tips for easing the pain of a gout attack.

Chronic Gout vs. Acute Gout

Gout is a form of arthritis characterized by two forms: acute and chronic gout. Acute gout attacks develop suddenly and last short periods of time.

Prepare and Protect Against Nighttime Gout Attacks

There are ways to reduce your risk of nighttime gout attacks, and when they do occur, deal with them quickly so you can get a better sleep.