

# Podiatry News & Clues

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## \*AVOID these Foods\*

### Very High In Purine

All Organ Meats (Brains, Liver, Kidneys)  
Anchovies  
Gravies  
Meat Extracts  
Salmon (Lox)  
Sardines

### Careful with These

### Fairly High In Purine

Asparagus  
Beans, Peas, Lentils  
Bran  
Celery  
Fish (Freshwater & Saltwater)  
Meats (other than organ meats)  
Mushrooms  
Oatmeal  
Poultry  
Radishes  
Seafood (Crab, Oysters, Lobster)  
Spinach  
Wheat germ

### Enjoy These

### Foods Good For Gout



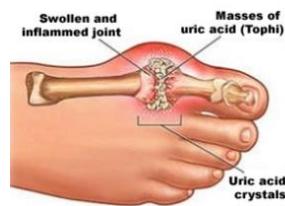
### Low In Purine

All Vegetables (except those listed above)  
Breads and Cereals (except Wholegrain)  
Eggs  
Fats and Oils  
Gelatin  
Milk & Milk Products  
Nuts  
Sugars, Syrups, Sweets (within moderation)

## Quote Of The Day

**Ability**  
is what you are capable of doing.  
**Motivation**  
determines what you do.  
**Attitude**  
determines how well you do it.

## Facts About Gout...



stressful events, or other factors such as infection, joint injury or eating too much of certain foods.

Gout is a painful form of arthritis that is caused by high uric acid levels in your blood (hyperuricemia). When uric acid builds up it forms crystals, causing inflammation in your joints that leads to swelling and pain, aka, a gout attack. Uric acid comes from purines, which the body obtains in two ways. It manufactures some from non-purine raw materials and absorbs the rest from foods that have high purine content. Gout attacks may also be triggered by alcohol, certain medicines, other illnesses,

## Don't Blame Yourself!!

The biggest belief about GOUT is that it comes from too much good living such as: Rich Foods, Fine Wines and Years of Indulgence, and as result they become victims of gout and brought it upon themselves. Fortunately, this is an old theory that holds no scientific merit. There may be a genetic link being that many people with gout have a family history of the disease. Also people with certain conditions are at a higher risk for gout: These conditions include diabetes, high cholesterol, high blood pressure, and/or kidney problems.

## Signs & Symptoms of Gout

Most people never suspect they have gout until they experience their first attack. Gout may be best known for causing severe pain in the big toe joint. While most gout attacks do occur in the big toe, they can occur in other parts of the body as well. You may not feel it, but gout can attack silently, even between flares. Over time, gout's root cause- high uric acid- can allow crystals to continuously form and build up in your joints and this may lead to attacks in other joints, constant pain, and joint destruction.



## Treatment & Prevention

Fortunately, a number of medicines can provide relief of the agonizing pain. **Dr. Taub** commonly prescribes several different medications such as Indocin, Colcris and cortisone. Sometimes **Dr. Taub** may decide to administer a cortisone injection into the gouty joint instead of prescribing medication. Medication or an injection can help relieve your immediate pain, reduce swelling, and may shorten the duration of the attack but it doesn't address the high uric acid that actually causes gout to begin with. The best way of preventing future attacks is to keep uric acid low. See our list of foods to avoid.

*Is there something you want to see or share in our newsletter? Let us know! Maybe a success story or you just want to know more about something. Visit our website & click on the "contact" page or you can email us back or find us on*

