

Gout Treatment

Causes/risk factors:

What Causes Gout?

Gout is the result of excess uric acid. This excess uric acid then leads to the formation of crystals in a joint, and it causes pain and inflammation.

Diagnosis:

Dr. Peng can diagnose gout based on the symptoms and on a physical examination of the joints to look for swelling and restricted range of motion. Blood tests can reveal high levels of uric acid, but high levels are found in only fifty percent of the people suffering from gout.

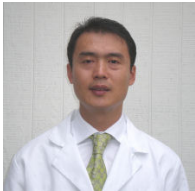
Treatment:

Our clinic uses a gout herbal patch, applied on the painful joint and wrapped with a bandage. The herbal patch needs to be changed every 24 hours, usually 2 to 3 days. The swelling and pain will reduce dramatically. The patient also needs an internal herbal tea to drink in order to flush the acid out from their body, usually we will give the patient one herbal tea to drink per week.

Prevention:

- Dieting correctly is very important to prevent gout. Avoiding foods high in purines and moderating alcohol consumption can prevent gout from developing.
- Food like asparagus, organ meat, sardines, shrimp, crab, lobster, and mushrooms are high in purines, which can lead to uric acid build-up in the blood and cause gout.

In the years of my practice I find that the above food cause and built-up in uric acid, but also beef, chicken and other meats can cause gout too.



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