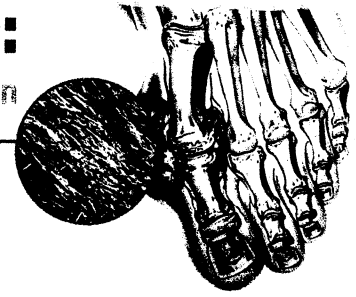


The Gout Clinical Companion:

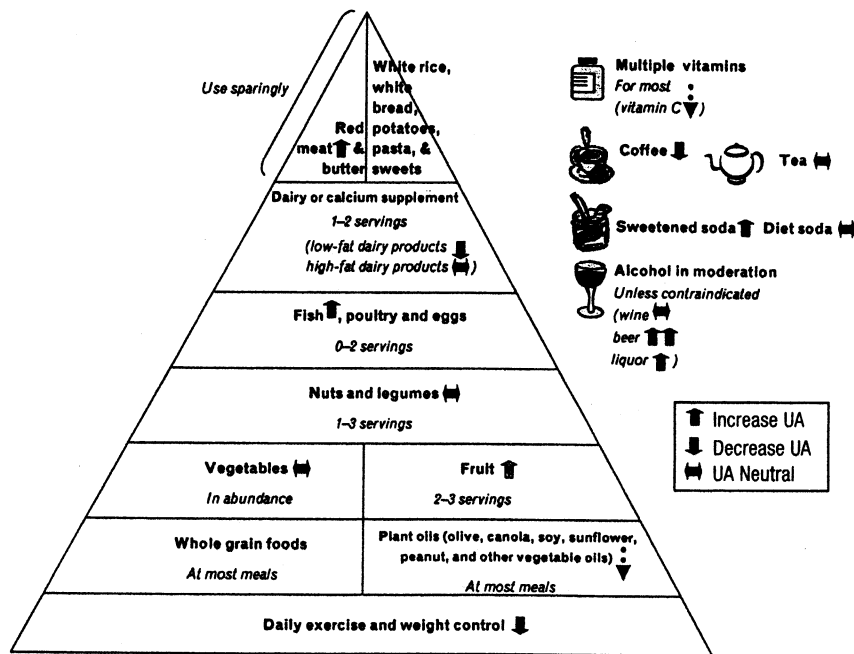
The Latest Evidence and Patient Support Tools for the Primary Care Physician



Patient Education: Diet and Weight Management

Gout is a disease that is due in part to an excess of uric acid (UA) in the blood. This substance is a natural product of digestion and is removed by the kidney into the urine. Too much uric acid in the blood can result from excessive intake or inadequate removal.

Uric acid is derived from food and drink. This food pyramid shows how different foods influence serum UA. While fish, meat, beer, and high-fructose containing foods have the negative effect of raising uric acid, low fat dairy products and exercise/weight control have a positive effect. Fruit contains fructose and should be taken in moderation. Products such as sweetened soda contain high-fructose corn syrup and should be avoided. Vitamin C has a positive effect on gout outcomes and is recommended in moderation as a supplement.



Weight control is important for gout management but is very difficult for most people. Eating less and regular exercise are critical components to losing weight. Patients who achieve weight loss benefit from improved metabolism, better cardiovascular health, and more energy for everyday activities.

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