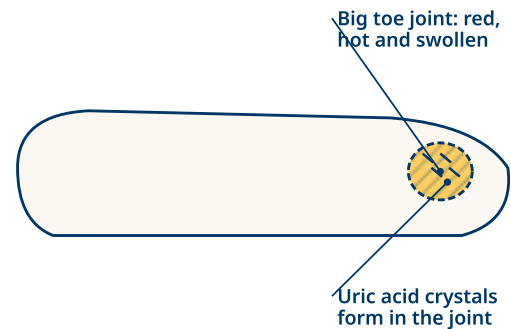


Gout

What it is

Gout is a type of arthritis caused by too much uric acid in the blood. Crystals form in a joint and cause sudden, very painful swelling. The big toe is often affected.



Common symptoms

- Sudden, severe joint pain, often at night
- Red, hot, swollen joint, commonly the big toe, ankle or knee
- Tenderness so strong that even a sheet hurts
- Firm lumps under the skin (tophi) in long-standing gout

Self-care tips

- Drink plenty of water. Limit alcohol, sugary drinks and large servings of red meat or shellfish.
- Take your medicines exactly as prescribed. Do not stop them on your own.
- Keep all lab and follow-up visits.
- Stay active with gentle exercise, and rest during flares.

What to expect at GSMC

First visit: A rheumatologist reviews your symptoms, history and medicines, and examines your joints and skin.

Tests: Blood tests and imaging, as needed, help confirm the diagnosis.

Follow-up: Regular visits and lab checks help us adjust treatment over time.

When to call us

- A hot, swollen joint with fever
- A flare that does not settle with your usual plan
- Fever or signs of infection while on your medicines
- New symptoms, such as a rash, chest pain or leg swelling

Call 911 for chest pain, trouble breathing, or signs of a stroke.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/services/rheumatology/conditions/gout/



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This handout is general information and is not a substitute for medical advice.