



Patient Information : Gout



Cork Emergency Medicine

EMed.ie



What is Gout?

Gout is caused by high levels of Uric Acid in the blood. Uric acid is a chemical created when the body breaks down substances called purines. Purines are found in some foods and drinks, such as liver, anchovies, mackerel, dried beans and peas, beer, and wine.

Gout Prevention and Treatment

There are some things that you can do to help prevent the development of gout:

- Drink plenty of water and milk
- Consume dairy products (preferably low-fat)
- Limit to low or no alcohol intake
- Avoid niacin (a kind of vitamin), aspirin and diuretics (water pills)
- Avoid or minimize the consumption of red meats and shellfish
- Lose weight. Obesity can contribute to high levels of uric acid

If you are concerned, please contact the
Emergency Department you first attended:

Mercy University
Hospital
(021) 4271971

M-UCC at
SMHC (St.
Mary's Health
Campus)
(021) 4926900

CUH
(021) 4920200

Mallow General
Hospital
(022) 21251

Bantry General
Hospital
(027) 52900

