

COULD THIS BE GOUT?



Patients with gout are often:

Males ≥ 40

Post - Menopausal Women

It is very rare for pre-menopausal women to get gout

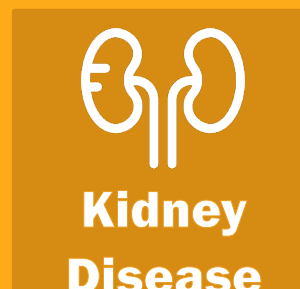
Risk Factors Include



Diet



Obesity



Kidney Disease



Family Hx

Symptoms of Gout:

Sudden, Severe Joint Pain

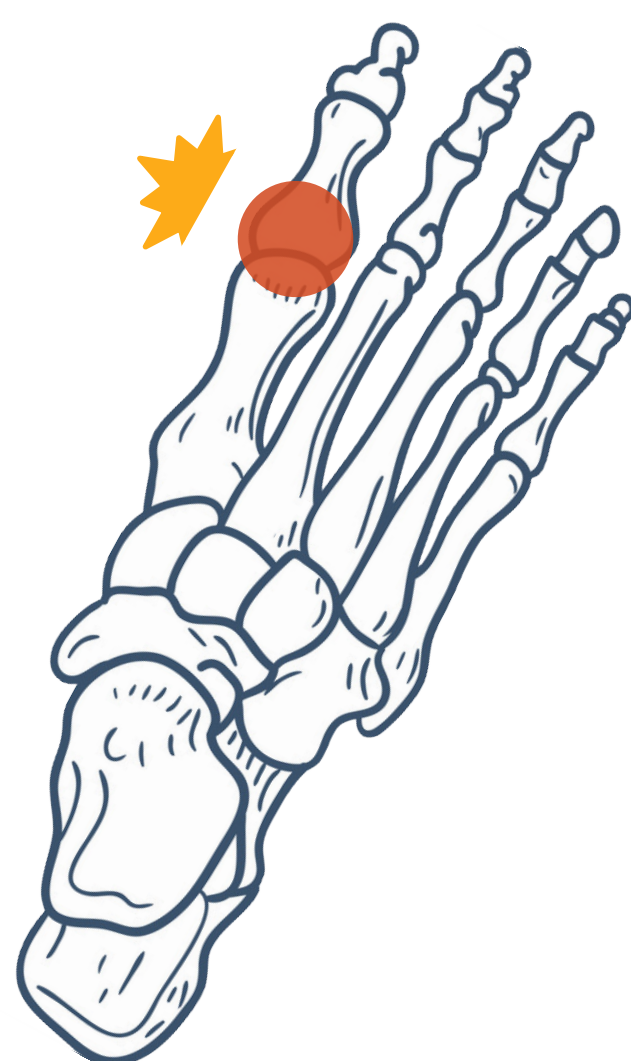
Redness, Swelling & Tenderness

Urate Deposits, Tophi

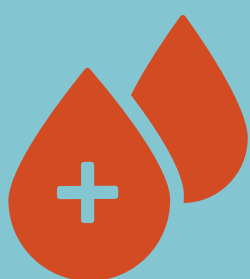
Most Often Monoarticular MTP Joint



Sometimes Polyarticular



Diagnosing Gout



Bloodwork:

Uric acid level
ESR and/or CRP
Creatinine



Joint Aspiration:

Cell count & diff
Crystal analysis
Gram stain & culture



Joint X-ray:

Consider to look for damage

Management

1st Option

NSAIDs

Indomethacin 50mg TID
Naproxen 500mg BID
Celecoxib 200mg BID

2nd Option

STEROIDS

IM injection (120mg Depomedrol)
Intra-Articular (Knee 60mg Depo)
Oral Prednisone 30mg x7-14d
(continue 1-2d after resolution)

3rd Option

COLCHICINE

0.6mg BID x7-14d

If patient is on allopurinol, DO NOT discontinue

**Refer to rheumatology if ≥ 2 attacks in 1 year
OR tophi/radiographic damage**