

TREATMENT OF GOUT

A. MEDICATION

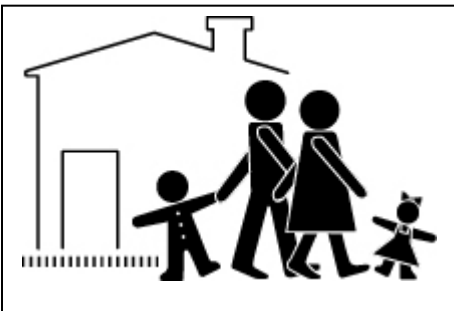
- Steroids: joint injection & oral pills
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as Indocin
- Colchicine
- Allopurinol, Probenicid or Febuxostat for chronic maintenance of gout

B. DIET MODIFICATION

- Avoid high-purine foods such as organ meats, anchovies, red meat, seafood, asparagus and mushrooms
- Stay hydrated and avoid ALCOHOL!!
- Requires periodic blood work

C. SURGERY

- Remove uric acid crystals and repair the damaged joint



Family Foot & Ankle Specialists
12 Wills Way Piscataway, NJ 08854 732-968-3833
349 Route 206 STE J Hillsborough, NJ 08844 908-874-8030
www.stopfootpainfast.com