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ATLANTIC  
foot & ankle  
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# FOOT NOTES NEWSLETTER

Welcome to Atlantic Foot & Ankle Specialists' Foot Notes. Every month this newsletter will provide you with information and resources that are beneficial to your foot and ankle needs. Please feel free to forward this free newsletter to anyone you think will benefit from its content. Your feedback and editorial contributions are always welcome. Please send them to [brendan@atlanticfeet.com](mailto:brendan@atlanticfeet.com)

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## Got Gout?

With Thanksgiving Fast Approaching  
Gout May Rear it's Ugly Head!

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Gout is a form of arthritis, frequently seen in middle aged men. The classic presentation of gout is a red, hot, swollen joint at the base of the big toe which comes on without warning. Gout is a disease caused by uric acid, a substance produced normally by our body, but individuals with gout have an excessive amount of uric acid in their bloodstream. The uric acid forms crystals in the blood which have a tendency to pool in the cooler areas of the body. When a large quantity of these crystals are present in a joint, an intense inflammatory reaction occurs, leading to severe pain and swelling.

Gout is most commonly seen in the big toe joint, however any joint can be affected. For most patients with an attack of gout, the redness, swelling and pain will resolve with treatment within 1 to 2 weeks. The painful attacks of gout can unfortunately become a recurrent condition leading to joint destruction and chronic pain.

The elevation in uric acid levels associated with gout can be caused by multiple factors. A diet high in rich foods, most notably alcohol, red meat and shellfish, can predispose a patient to gout. Patients with kidney problems and those with a family history of gout are at greater risk for developing the condition. The medications a patient takes, particularly water pills and aspirin, may be associated with increased uric acid levels.

The initial treatment for a gout attack is aimed at reducing pain and swelling. This may include rest, elevation, injections and anti-inflammatory pills. To avoid recurrent flares of gout pain, preventative maintenance may include weight loss, diet modification and hydrating well, preferably with water. Patients suffering from repetitive flares of gout may require a daily medicine to lower the uric acid level in the bloodstream in order to prevent further joint destruction and pain.

## BIG FOOT SIGHTINGS!

It's true, a big foot has been sighted around the Lowcountry! The Statesboro Parade, Tybee Island, River Street, you name it, it seems that this fella really gets around. Fortunately all you need to do to catch a peek at The Big Foot is to follow us on Facebook or @\_thebigfoot on Instagram! If you see this guy around town be sure to tag your photo's with #thebigfoot !



## NOVEMBER EVENTS!



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