

Gout and exercise ; Prevention And Drugs treatment

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abstract

Gout is a disease resulting from the deposition of urate crystals caused by the overproduction or underexcretion of uric acid. The four phases of gout include asymptomatic hyperuricemia, acute gouty arthritis, intercritical gout and chronic tophaceous gout. The disease is often, but not always, associated with elevated serum uric acid levels contributed by obesity, gene, consumption of alcoholic beverages, seasonal variations, certain foods and medications, but overexercises are commonly involved. Treatment includes nonsteroidal anti-inflammatory drugs (NSAIDs), colchicines, corticosteroids and analgesics. Prevention can be carried out by reducing body weight gradually, giving up alcohol consumption, mineral water or sport drinks supplementation, calorie moderate and restriction.

Keywords : gout, urate crystals, uric acid, overexercises, nonsteroidal anti-inflammatory drugs, colchicines, corticosteroids, analgesics.