



**BSMCON 2015**

**Facts & Controversies**

# **Role of Diet In Gout**

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# Outline



Introduction

Pathogenesis

Prevailing Concepts

Recent Evidences

Facts against Controversis

# Introduction:



**Gout most commonly affects the big toe, but it can also affect various other joints. Learn more at [GoutEducation.org](http://GoutEducation.org).**

Supported by the Gout & Uric Acid Education Society. Illustrated by Bol's Eye Comics.

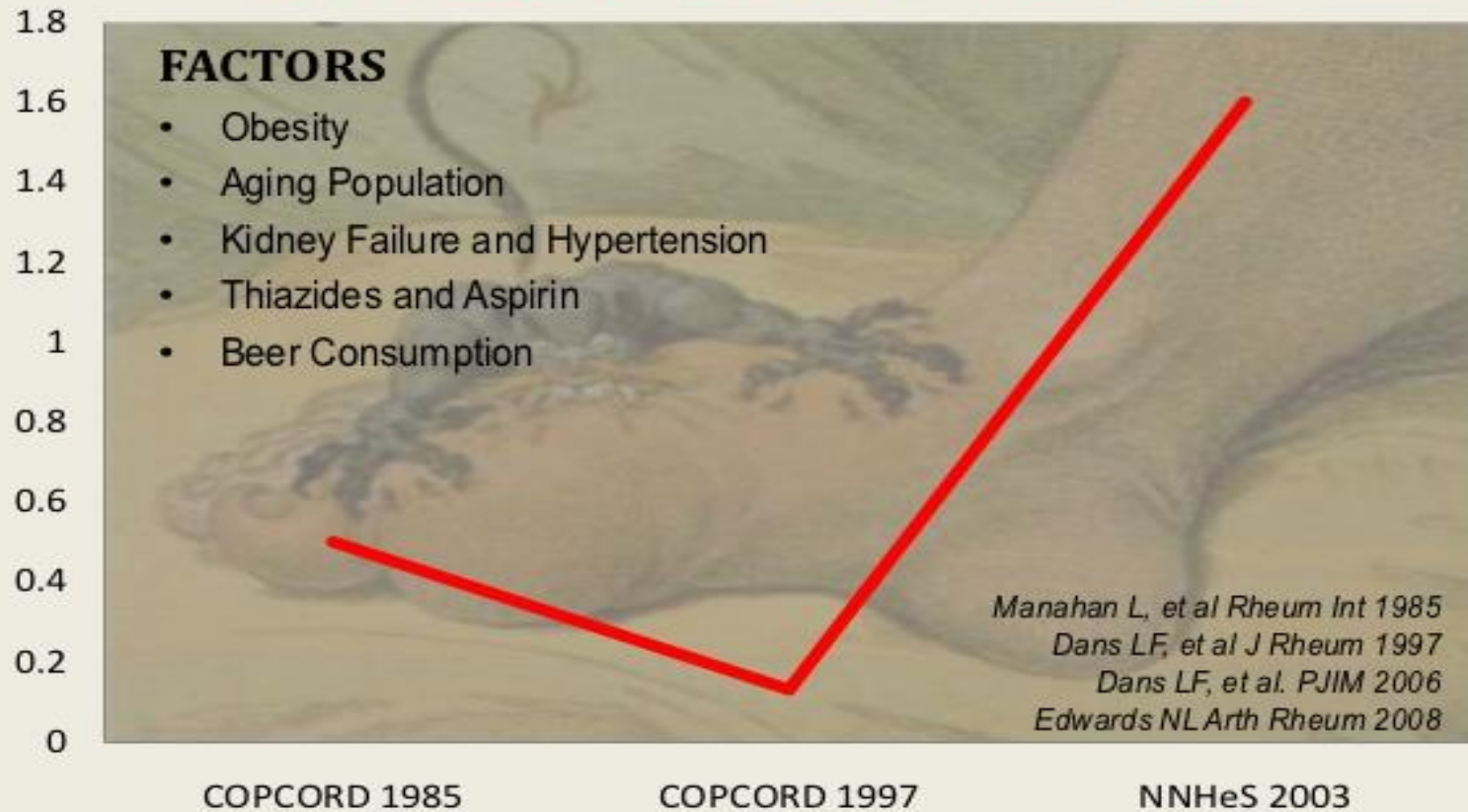


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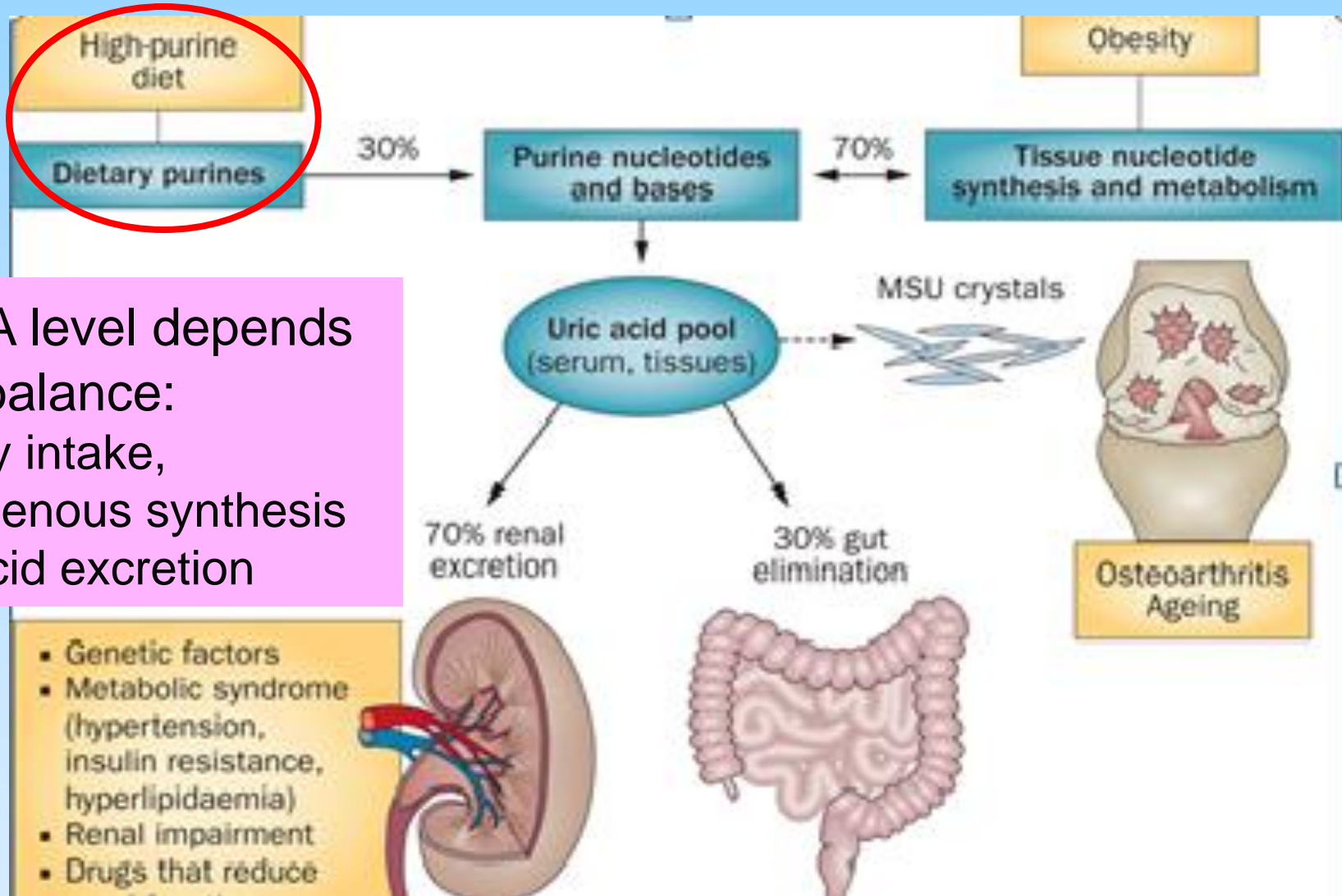
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# Introduction...

Prevalence of gout has doubled over the last decade



# Pathogenesis



**Fig:** UA level depends on the balance:

- dietary intake,
- endogenous synthesis
- uric acid excretion

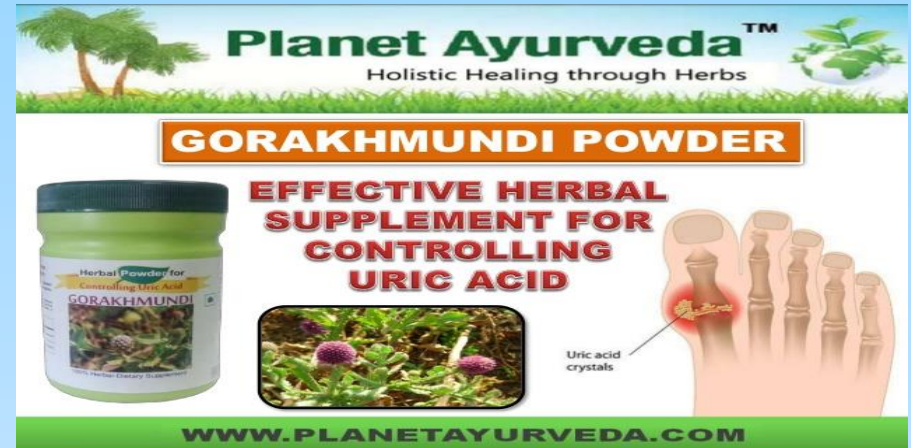
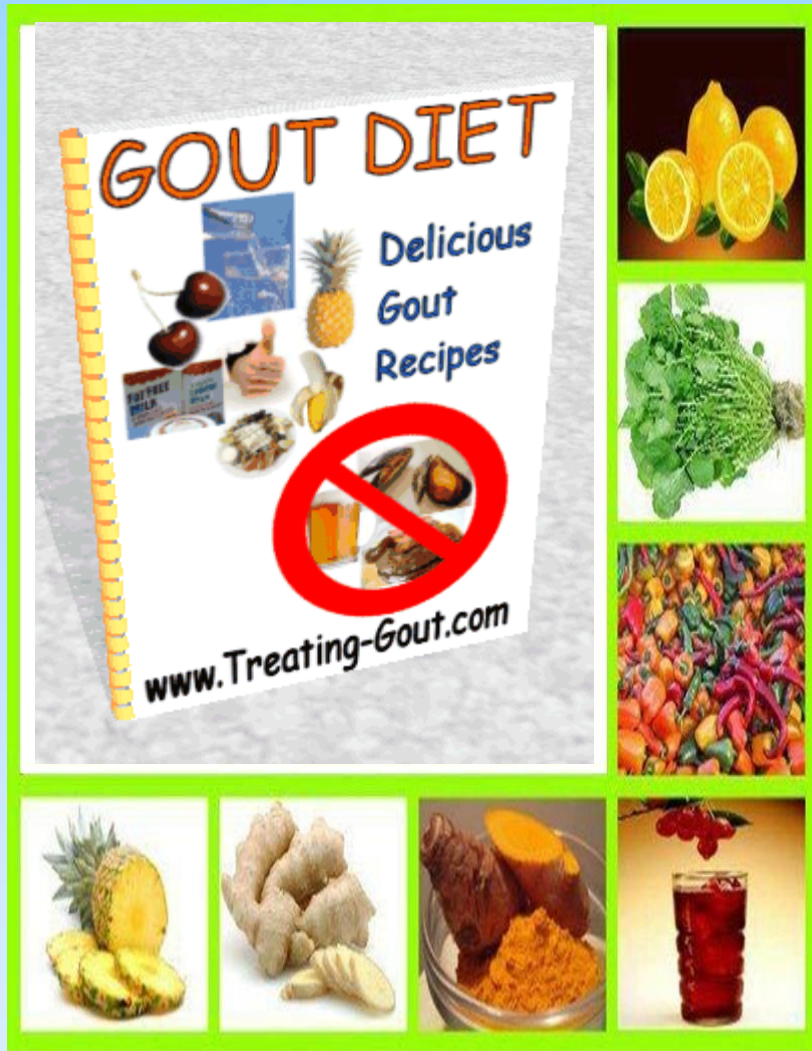


# Prevailing Concepts



- ❖ Traditionally referred to as the “disease of kings”
- ❖ Overindulgence in food and wine is associated with Gout
- ❖ Many patients with gout had been advised to restrict their alcohol use and ingestion of all purine-rich foods, including vegetables.

# Newer Dilemmas



I was on a Low- Carb diet for a week and lost 3 inches of my smile



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# *A Truly confused patient*



*What are we NOT having?*

- ❖ Can I have any protein?
- ❖ Which vegetables should I choose?
- ❖ Which food are better?
- ❖ Which drinks are bad? What about coffee?
- ❖ Is alkalising diet good?

❖ ***Goes on.....***



*And some are over enthusiastic*



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# *What are the Recent Evidences?*



# *Health Professionals Follow-Up Study by Choi KH, et al*

- ❖ A large prospective cohort of more than 47 000 male health professionals aged 40 and older
- ❖ 12-year follow-up
- ❖ **Results:**
  - Men with the highest quintiles of meat and seafood intake had an increased risk of gout
  - Neither total protein intake nor consumption of purine rich vegetables was associated with an increased risk of gout
  - Low fat dairy intake was inversely correlated with the risk of gout



## *Controversies*

- ❖ Unpalatable low-purine, low-protein and alcohol-restricted diet- ? effective
- ❖ When compliant, this type of diet is expected to decrease serum uric acid by 15% (1–2 mg/dl or 60–120 mmol/l) at a maximum

## *Facts*

- ❖ Focus more on weight reduction, with moderate carbohydrate restriction and an increased proportion of total protein and unsaturated fats
- ❖ Protein quota with purine-rich vegetables instead of meat and seafood
- ❖ Restrict alcohol-beer

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Drink plenty of fluids, especially water.



Choose low-fat or fat-free dairy products.



Consume complex carbohydrates.



Reduce saturated fat consumption.



Limit fish, meat, and poultry.



Avoid eatables sweetened with high-fructose corn syrup.



Avoid alcohol.



# *Don'ts*

- ❖ No role of alkalising diet. Soda has its own side effects
- ❖ Low carb, high protein diets like 'Atkins' lead to flares and ketoacidosis
- ❖ No other diet plan is proven yet



# Summery

- ❖ One of the many barriers to optimal care of gout is a stereotyped view of gout and
- ❖ the feeling that gout is self-induced through poor lifestyle, gluttony and excessive alcohol intake
- ❖ Negative views about gout are associated with poorly controlled disease and lower adherence to ULT.

# Summery...

- ❖ Therefore, it is important that the explanation should be:
  - non-accusatory,
  - emphasizing that having gout is not necessarily the patient's fault, and
  - that the condition is curable with treatment.





***Controversies of  
RESTRICTIONS are over  
Facts for MODERATION  
are eminent***



Illustration by the Gout & Uric Acid Education Society. GoutEducation.org  
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# Thank You!



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