



# **Gout. Managing Gout and Coping With Gout. Reference for gout sufferers including gout diet.**

*George Groddington, Robert Rymore*

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This book includes the most up-to-date information on “Gout & Managing Gout”. Gout is a frequently mismanaged and neglected disease. This book exclusively addresses gout and provides a medical and social perspective to treat it effectively. Practical information that can help patients suffering from gout is the hall mark of this book. As treatment of gout primarily depends upon medications and certain changes in lifestyle, this book makes a conscious effort to explain these two factors in detail. At the same time, it uncovers ravaging side effects of the majority of medications used for managing pain in gout and in doing so explains the recent shift towards alternative remedies. In this book, we cover the disease and its etiology, along with specific information about clinical features, symptoms, diagnosis and management of Gouty Arthritis and Hyperuricemia; latest therapies, medication, alternative treatments and preventions. Included in this book: - Prevalence - Risk Factors - Stages of Gout - Purine Biochemistry - Getting the right diagnosis - Hyperuricemia - Treating gout - Lifestyle changes - Managing gout - Coping with gout - Inflammation of gouty arthritis - Significance of nutrition - Ideal meal recipes - Alternative medicines -...and more

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