

# Gout



Gout is a type of arthritis. People who usually get gout usually have a high level of uric acid in their blood. Uric acid can form crystals in joints like the toes, knees and fingers, causing pain and swelling. People most likely to get gout are middle-aged men, and women after menopause. Gout could come on very quickly, often at night.

## Signs & Symptoms

- A joint that suddenly becomes hot, red and swollen.
- Joints that are extremely painful and sensitive to touch - sometimes even the weight of a bed sheet can be too much.
- You may also feel sick, lose your appetite or have a temperature.

## Risks

You may have a high level of uric acid if you:

- Have a family history of gout
- Drink too much alcohol
- Are overweight
- Eat foods that can increase the level of uric acid in your blood
- Have certain health problems.

People who get gout attacks may also develop kidney problems later in life if their gout isn't well controlled.

## Stages of Gout

- A gout attack usually starts in a single joint, often the big toe. Your ankle, foot, knee or hand may also be affected.
- Untreated, gout attacks last about a week. Some people get another attack soon after, but for others it may be months or years before another attack occurs.
- If you've had gout for many years, uric acid crystals may form small lumps (tophi) on your ears, toes, hands and elbows. Tophi are usually painless but over time can grow and may deform joints.
- If you don't treat your gout correctly, the time between attacks can get shorter and more joints can be affected.

## TCM Drug Free Pain Control

Acupuncture works in a preventative capacity as well as dealing with the problem initially. The following regime is always followed, but each type of ailment is unique to the individual and so will be treated according to the individual cause.

- All treatments take into consideration the psychological effect the ailment has on you and your lifestyle
- Acupuncture
- Herbs which are prescribed in pill or raw form depending on the individual palate and case
- Local laser to treat tender spots occurring in the regional anatomy
- Electro-acupuncture therapy
- Cupping/Moxibustion
- Massage
- Exercise
- Dietary advice

What a relief! A drugless alternative to the pain you have been experiencing. And it has been proven for thousands of years. TCM works because it establishes your body's equilibrium by correcting your energy imbalances.

TCM works in a curative and preventative manner. Incidentally, the frequency and duration of your treatment will vary according to your individual condition. Generally speaking, the longer a patient has had a particular condition, the longer it will take to treat.

TCM has a strong sense of commitment and purpose to each patient; this is why we are the only clinic offering one-hour treatments with each appointment and an extremely high success rate.

If we can be of further assistance please do not hesitate to call.

*masters of TCM Pty Ltd*

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