

## Preventing Gout Attacks 預防痛風發作

- + Seek medical advice as soon as an acute gout attack occurs and follow the doctor's instructions or recommendations to prevent recurrence.
- + Avoid foods and activities which have caused an attack in the past.
- + Maintain a balanced diet, stop drinking, and minimize consumption of high-protein or high-purine foods.
- + Drink at least eight glasses of water each day.
- + Maintain an ideal body weight. If needed, lose weight gradually, and avoid overeating or extreme dieting.
- + If you need to undergo surgery, inform the doctor that you are suffering from gout. Doctors can then prescribe appropriate drugs to prevent an acute post-operative gout attack.
- + 一旦急性病發，應盡快求診，事後遵從醫生建議預防復發
- + 曾引起發作的食物和活動，都要避免
- + 保持均衡營養，戒酒，並戒食高嘌呤或高蛋白質的食物
- + 每天應飲用最至少八杯開水
- + 保持理想體重；如果需要減重，應循序漸進，切忌暴飲暴食或節食
- + 如需要施行外科手術，於手術前告知醫生患有痛風，因為醫生可以處方適當藥物，以防止手術後引起急性痛風症。



Gouty Arthritis

## Your Healthcare Professional Team 您的專業醫護團隊

Our Lifestyle Medicine Clinic and the Lifestyle Management Center's NEWSTART® program aim to help people in need improve their health and quality of life. Participants of the program learn to alleviate symptoms of a variety of modern health conditions such as hypertension, diabetes, obesity, high cholesterol, heart disease, and stress through a new, healthier lifestyle.

本院特設養生醫學診所，並由健康生活促進中心推出「新起點健康實踐計劃」，旨在幫助參加者通過良好的生活模式，強健體魄，改善糖尿病、肥胖、高血脂、心臟病和壓力等都市病。

## Bookings and Enquiries 查詢及報名

For further information, please contact our Lifestyle Management Center, or visit our website.

如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

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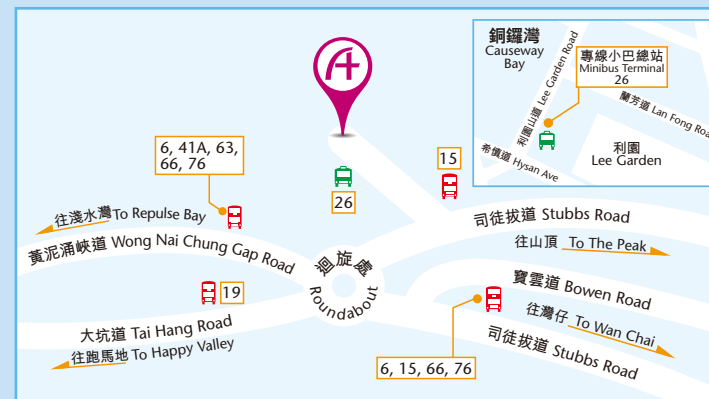
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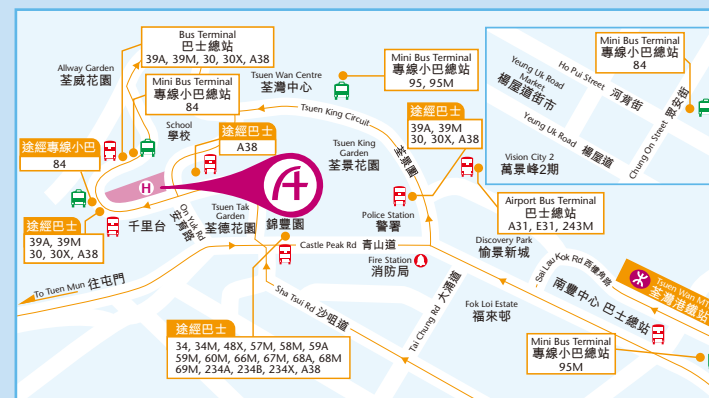
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## Map 路線圖



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## Gouty Arthritis 認識痛風性關節炎



## What is Gout? 甚麼是痛風?

Gout is a type of arthritis caused by a high level of uric acid in the blood. It is not affected by the weather nor is it caused by exposure to wind. Uric acid is produced when purines, a substance produced by the body or absorbed from food, are broken down in the body.

Under normal circumstances, uric acid is formed in purine metabolism and is excreted by the kidneys. When uric acid accumulates in the body, uric acid crystals form and can cause inflammation and sudden severe pain if they are deposited in the joints. This is known as gout. The most commonly affected body parts are the fingers, toes, knees, and elbows.

痛風是一種關節炎，是血液中尿酸含量過高所致，並非受天氣影響或吹風所致。尿酸是由嘌呤（又稱普林）分解而成的，後者可由身體自己製造，或從食物中攝取。

正常情況下，嘌呤經新陳代謝後形成尿酸，最後由腎臟排出體外。當尿酸在身體內累積，就會形成尿酸結晶體。如果這些結晶體沉積在關節處，會引致關節發炎及突然劇痛，也就是痛風，最常見受影響的為手指、腳趾、膝蓋、手肘等關節。



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## Causes of Gout 痛風的成因

People of all ages can develop gout, but it is more common in middle-aged men over 40. There are two main causes of high uric acid in the blood:

任何年齡人士都可能患上痛風，但以40歲以上的中年男性較為常見。尿酸過高的原因很多，主要分兩大類：

### The body produces too much uric acid due to 身體產生太多尿酸

- + Excessive consumption of alcohol or high-protein or purine-rich foods (such as organ meats, meat, seafood, shellfish, etc.)
- + Obesity, lack of exercise, or excessive amounts of intense exercise
- + Various types of enzyme deficiency, haemolytic disease, or psoriasis
- + Stress
- + 嗜酒，吃含高蛋白質或高嘌呤的食物（如內臟、肉類、海產貝殼類等）
- + 肥胖，欠缺或過度劇烈運動
- + 患有各類酵素缺乏症、溶血症或牛皮癬
- + 精神壓力誘發

### The body excretes too little uric acid due to 身體排出太少尿酸

- + Kidney disease, diabetes insipidus, high blood pressure, blood acid poisoning (acidosis), lead poisoning, high parathyroid hormone levels, or low thyroxine levels
- + Influence of drugs, such as diuretics, aspirin, or Parkinson's disease medication
- + 患有腎病、尿崩症、血壓高、血酸中毒、鉛中毒、副甲狀腺素過高、甲狀腺素過低
- + 藥物影響，如利尿藥、阿司匹靈和治療帕金森病的藥物等

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## Symptoms of Gout 痛風的病徵

Symptoms include swelling, warmth, inflammation, and redness in the affected joints, with sudden onset of severe pain (usually in the middle of the night). Tophi may be found around the joints and at the pinna of the ears, which may sometimes cause joint deformity.

受影響的關節會感到灼痛、紅腫和腫大，急性發作（通常在深夜）時更會感到劇痛。關節附近和耳朵可觸摸到痛風石，甚至關節畸形。

## Identifying Gout 如何識別痛風

Gout can be diagnosed through a blood test to measure uric acid levels and a joint X-ray to check for any abnormal conditions.

檢驗血液中的尿酸含量，和通過X光檢查觀察關節有否異常情況。

	Normal uric acid level (mmol/L) 正常尿酸值 (mmol/L)
Male 男性	0.2-0.43
Female 女性	0.15-0.36



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## Treatment of Gout 痛風的治療

Although gout is not curable, medications and diet control can reduce the chance of a relapse.

雖然無法根治痛風，但藥物治療和飲食控制雙管齊下，可以減低復發機會。

### Improve lifestyle habits by 改善生活習慣

- + Avoiding alcohol to prevent dehydration and acute gout attacks
- + Controlling your diet (refer to the "Gout Diet" insert for details)
- + Maintaining a healthy weight
- + Exercising regularly
- + Relieving stress appropriately
- + 戒酒精，防止脫水，同時避免誘發急性痛風
- + 控制飲食，詳閱〈痛風症飲食須知〉
- + 控制體重
- + 保持適量運動
- + 適當舒緩壓力

### Medical treatment 藥物治療

Medication prescribed by a doctor is helpful for controlling inflammation and reducing pain during an acute gout attack. However, it is important not to self-medicate as wrongly taking allopurinol or overdosing on painkillers will not only fail to manage gout but will also increase the burden on the kidneys. In the long term, this may affect kidney function.

急性痛風病發期間，可服用醫生處方的藥物幫助消炎止痛，但切勿自行購買藥物服用，因為誤食降尿酸藥或過量止痛藥，不但控制不好痛風症，還會增加腎臟負擔，長遠甚至可能影響腎功能。



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## A Gout Diet

If you are suffering from gout, avoid fatty foods, excessive amounts of fish and meat, and overeating. It is proven that vegetarian foods such as spinach, tofu, soy milk, tofu skin, and bean sprouts do not provoke gout, while high-purine foods such as meats (especially red meats and seafood) induce gout.

## A What to eat during an acute gout attack

People who suffer from hyperuricemia should avoid high-purine foods and limit their consumption of mid-range purine foods. Low-purine foods are safe to eat.

## Low-purine foods

- + grains and cereals, such as rice and white bread (except high-fiber bread)
- + various fruits
- + most vegetables
- + low-fat or skimmed milk and its products
- + egg whites
- + nuts or seeds (consume in moderation to avoid excessive intake of fat)

## Mid-range purine foods

Limit consumption amount of meats to less than 150 to 225 grams per day. The total amount may be replaced with non-meat, mid-range purine foods. (Note: This rule does not apply to starchy foods.)

- + beef, lamb, pork, chicken, duck, turkey, and fresh fish
- + dried beans (half a cup of dried beans is equivalent to 112.5 grams of meat)
- + brick tofu (1 brick is equivalent to 112.5 grams of meat)
- + soymilk (1 cup is equivalent to 37.5 grams of meat)
- + high-fiber foods such as whole wheat bread, whole wheat crackers, whole wheat corn chips, red rice, and brown rice [recommended intake amount? ]
- + oatmeal (less than 1.5 cups (uncooked) per day, about 6-7 tablespoons)
- + bran (less than ¼ cup (uncooked) per day)
- + mushrooms, fungi, green beans, spinach, asparagus, bamboo shoots, and cauliflower (less than half a cup per day)

Remarks: 1 cup = 250ml

## High-purine foods

- + alcoholic drinks
- + anchovies, sardines, herring, mackerel, scallops, mussels, shrimp, crab
- + all animal offal (organ meats)
- + gravy, seafood soup, hotpot soup, organ meats soup, and stew
- + game meats, goose, partridge
- + high-fat, high-cholesterol foods (see "Guidelines for a Diet Low in Cholesterol and Lipids")



## A 痛風症飲食須知

如患有痛風，應避免大魚大肉、暴飲暴食。菠菜、豆腐、豆漿、豆皮、豆芽菜等素食已證實不會誘發痛風，會誘發痛風的高嘌呤（又稱普林）食物主要為肉類，尤其紅肉和海鮮。

## A 急性痛風發作時的飲食須知

高尿酸人士應避免食用高嘌呤食物，限量進食中嘌呤的食物，而低嘌呤食物則可放心食用。

### 低嘌呤食物

- + 五穀類，如白飯、白麵包（高纖維麵包除外）
- + 各種水果
- + 大部份蔬菜
- + 低脂或脫脂奶及其製品
- + 蛋白
- + 果仁種籽類，但只宜適量進食，以免攝取過多脂肪



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### 中嘌呤食物

肉類、豆類和黃豆製品的建議食用量：每日不超過四至六兩肉類為宜，當中份量可以跟非肉類的中普林食物替換。（註：此替換法不適用於澱粉質食品）

- + 牛肉、羊肉、豬肉、雞、鴨、火雞和新鮮魚類
- + 乾豆類（半杯等如1兩肉）
- + 板豆腐（1磚等如3兩肉）
- + 豆漿（1杯等如1兩肉）
- + 高纖維食品，如全麥麵包、全麥餅乾、全麥粟米片、紅米和糙米
- + 麥皮，以未煮熟計算，每日少於1杯半，即約6至7湯匙
- + 麥糠，以未煮熟計算，每日少於4分1杯
- + 菇類、菌類、青豆、菠菜、蘆筍、竹筍或椰菜花（每日應不宜超過半杯）

備註：1杯=250毫升

### 高嘌呤食物

- + 酒
- + 鯷魚、沙甸魚、鮭魚、鯖魚、帶子、青口、蝦、蟹
- + 所有動物內臟
- + 肉汁、海鮮濃湯、火鍋湯、以內臟烹調的老火湯或燉湯
- + 野味、鵝、山鶉
- + 高脂高膽固醇食物（詳見〈飲食降膽固醇和血脂〉）