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。



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.

本院特設生活型態醫學診所，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。

Appointment & Enquiries 預約及查詢

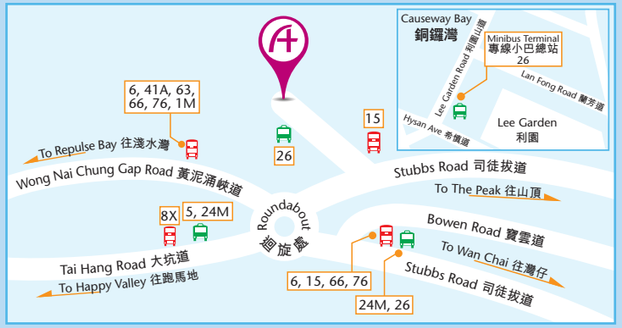
For further information, please contact our Lifestyle Management Center, or visit our website.
如欲進一步了解上述內容，歡迎與健康生活促進中心職員聯絡，或瀏覽本院網站。

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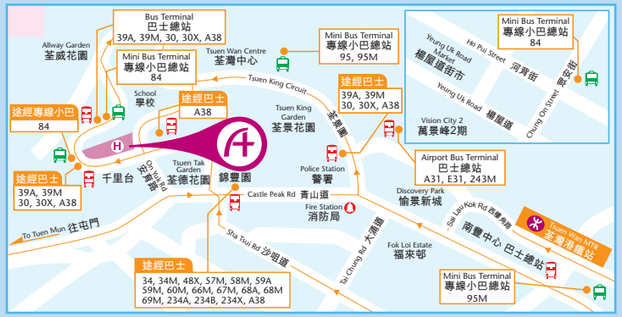
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Map 路線圖



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For the latest information, please visit our website at www.twah.org.hk
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如欲查閱最新資料，請瀏覽本院網站www.twah.org.hk。

2026/10 Revised 修訂

Adventist 港安 Health
Hong Kong Adventist Hospital
香港港安醫院

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。

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.)
+ Sodas and fruit juices high in fructose or sucrose content
+ 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）
+ 果糖或蔗糖含量高的汽水和果汁
+ 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、高血壓、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、阿司匹靈和治療柏金遜病的藥物等

High uric acid level* 高尿酸值	
Male 男性	>0.42mmol/L 或 >7.0mg/dL
Female 女性	>0.36mmol/L 或 >6.0mg/dL

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8631450/

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，甚至關節畸型。

Identifying Gout 如何識別痛風

The most accurate diagnostic method is to extract synovial fluid for microscopic examination. If uric acid crystals are found, gout can be diagnosed. When it is not suitable to extract synovial fluid, doctors will generally make a diagnosis based on clinical symptoms. In addition, testing uric acid levels in the blood and imaging tests (including X-rays, ultrasound, and computer scans) can assist in diagnosis.

最準確的診斷方法是抽取關節液作顯微鏡檢查，若發現有尿酸結晶體，可確診為痛風。在不適合抽取關節液的情況下，醫生一般會根據臨床的病徵作出診斷。此外，檢驗血液中的尿酸水平和影像檢查（包括X-光檢查、超聲波、電腦掃描）對於診斷有著一定的輔助作用。



Treatment of Gout 痛風的治療

Although gout is not curable, medications and diet control can reduce the chance of 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
+ 適當紓緩壓力

Medical treatment 藥物治療

Medication prescribed by doctors 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。



Dietary recommendations for gout patients

- **Offal:** Avoid or reduce the consumption of animal offal, such as liver, kidney, and heart. Offal is a high-purine food that may increase uric acid levels.*
- **Seafood and oily fish:** Avoid or reduce the consumption of seafood, especially mussels, shrimps and crabs, shellfish, oysters, scallops, caviar, sardines, tuna and mackerel. These foods are high in purine.*
- **Meat:** A Harvard study linked high meat intake to a higher risk of gout. It is recommended to avoid or reduce consumption of meat, especially red meat.
- **Soy:** Most epidemiological data show that high soy intake is associated with low uric acid levels. Another study on the health of Singaporean Chinese pointed out that the intake of soybeans and other legumes was inversely related to the risk of gout. Protein from plant sources appears to be better for gout patients than protein from meat.
- **Vegetables:** Most vegetables are low-purine foods. Recent studies have found that even vegetables high in purine, such as spinach, asparagus, broccoli, and mushrooms, do not increase the risk of gout. It is recommended to eat more vegetables as part of a healthy diet.
- **Alcohol:** No matter what type of alcohol, including red wine, beer, and spirits, even if used in moderation, it will increase the risk of gout recurrence. Patients are advised to avoid consumption of any alcohol.
- **Sugary drinks or foods:** Reduce or avoid high intake of sugary drinks or foods, especially those containing high fructose corn syrup. Natural fruit juices are rich in fructose and should be consumed in moderation.
- **Vitamin C:** High vitamin C intake may help lower uric acid levels. It is recommended to eat more foods rich in vitamin C, such as oranges, lemons, kiwi fruits, etc.
- **Cherries:** There is some evidence that consuming cherries or cherry juice may reduce the chance of a gout attack or recurrence.

*UK Gout Society



2026/10 Revised

痛風患者飲食建議

+ **內臟：**避免或減少食用動物內臟，如肝臟、腎臟，心臟。內臟乃高嘌呤食物，可能提高尿酸水平。*
+ **海鮮及油性魚類：**避免或減少食用海鮮，特別是貽貝、蝦蟹、貝殼類、蠔、帶子、魚子、魚子醬、沙丁魚、吞拿魚、鯖魚。此類食物為高嘌呤食物。*
+ **肉類：**哈佛研究指出高肉類的攝取量與高痛風機率有關。建議避免或減少食用肉類，特別是紅肉。
+ **大豆：**大多數流行病學數據顯示，高大豆攝入量與低尿酸水平有關。另有一項新加坡華人健康研究指出，大豆及其他豆類的攝取量與痛風風險呈負相關。比起來自肉類的蛋白質，來自植物性的蛋白質似乎對於痛風患者更好。
+ **蔬菜：**大部分蔬菜都是低嘌呤食物。近年研究發現，就算含高嘌呤的蔬菜，如菠菜、蘆筍、椰菜花、菇類，也不會增加痛風風險。建議多吃蔬菜。
+ **酒精：**不論哪種類型的酒，包括紅酒、啤酒、烈酒，即使適量使用，都會增加痛風復發風險。建議患者避免攝取任何酒精。
+ **含糖飲料或食品：**減少或避免大量攝入含糖飲料，尤其是含高果糖玉米糖漿的飲料或食品。天然的果汁富含果糖，也應適量攝取。
+ 維他命C：高維他命C攝取量可能有助於降低尿酸水平。建議多吃富含維他命C的食物，如橙，檸檬，奇異果等。
+ **車厘子：**有一些證據表明，食用車厘子或車厘子汁可以降低痛風發作或復發的機率。

*UK Gout Society



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