

## **Gout**

Gout occurs in people who are unable to break down and excrete uric acid, a byproduct of digesting certain foods. An intake of foods, such as: alcoholic beverages, meat, organs, and shellfish results in high levels of uric acid. These levels cause uric acid crystals to build up close to a major joint (usually the big toe) leading to acute attacks of arthritis-like inflammation, swelling and pain. Anti-inflammatory medications are usually prescribed during acute (sudden onset) attacks. Allopurinol is a medication frequently prescribed by physicians to reduce uric acid levels.