

GOUTY ARTHRITIS

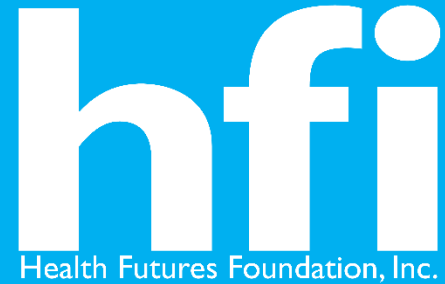
Supportive Management

- Elevate the joint above heart-level.
- Drink 8 glasses of water a day (total of 2 liters of water a day). Avoid sweetened beverages.
- Request assistance from family or friends in performing activities of daily living.
- Take foods that lower uric acid levels or are good for the heart.
 - Whole-grain foods such as oats, brown rice, and whole wheat bread
 - All vegetables
 - Plain oils such as olive, canola, and sunflower oil
 - Fruits that are less sweet (e.g. guava, avocado, papaya, grapes, kiwi, and strawberry).
 - Low-fat dairy products such as skim milk and low-fat milk
 - Vitamin C supplement (500-100mg daily)
- Avoid foods that are high in purine or that are known to trigger gout attacks (e.g. red meat and organs, shellfish, sweetened beverages, and excessive alcohol).
 - If male: do not have more than 2 alcoholic drinks per day
 - If female: do not have more than 1 alcoholic drink per day

Note: 1 drink is equivalent to 12 ounces of beer or 5 ounces of wine
- Maintain a healthy weight. Losing weight reduces uric acid level in blood and reduces risk of heart disease and stroke. Calculate body mass index (BMI) and see if it's within normal range (18.5 to 24.99). If BMI is greater than 24.99, take steps to reduce weight. Lose weight gradually, around 0.5 – 1 kg per week. BMI can be calculated using the formula: kg/meter^2 .

Herbal Medicine

- **Luya**
 - Roast or heat a slice of luya and apply externally on painful area. Another way to prepare it is to heat thin slices of luya with oil. After letting the oil cool, apply it on painful area.
- **Bawang, Luya, and Siling Labuyo Oil**
 - Heat in coconut oil equal parts of chopped bawang, luya, and crushed siling labuyo. The proportion for coconut oil and the combined dried ingredients (bawang, luya, and siling labuyo) is 1:1. For 10-15 minutes, heat the mixture together, and then strain. Apply the oil externally on painful area.
- **Tanglad Roots with Coconut Oil Liniment**
 - Crush the tanglad roots in coconut oil. Apply externally on painful area.



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Herbal Medicine

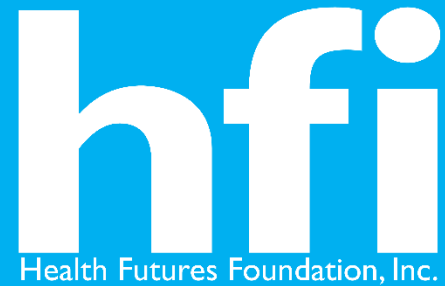
- **Lubigan Rhizome Liniment**
 - Crush the dried rhizome and mix it with oil. Apply externally on painful area.
- **Pandan Liniment**
 - Pandan or pandang mabango can either be used. Crush the leaves of the plant and mix them with oil. Apply externally on painful area.
- **Sulasi**
 - Pound the leaves and apply its juice externally on painful area.

Other Complementary and Alternative Therapy

- **Acupressure**
 - Acupressure is traditional healing art which uses the fingers, palms, elbows, or feet to apply pressure on the body's healing points (acupoints). This is believed to restore the life force energy of the body or qi, which, in turn, improves health.
 - Please visit the following link containing a video demonstration on performing acupressure intended for persons with gouty arthritis: <https://www.youtube.com/watch?v=KUe2eUNtNUY>

Consult doctor:

- For proper diagnosis and pharmacologic management of the condition.
- If properly diagnosed as having gouty arthritis, consult doctor for appropriate exercise and for setting realistic weight management goals.



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