

Management of Gout by Changes in Modifiable Risk Factors

4. Manage your weight

- Body Mass Index (BMI) measures your level of body fat according to your weight and height
- High or low BMI increases your risk of health problems
- Manage your BMI through exercising and having a healthy and balanced diet!



$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)} \times \text{Height (m)}}$$



BMI Range*	BMI Classification	Chronic Disease Risk
<18.5	Underweight	Poor Nutrition
18.5-22.9	Normal	Low
23.0-27.4	Overweight	Moderate
≥27.5	Obese	High

* Singapore / Asian BMI category. BMI equivalent for cardiovascular risk.

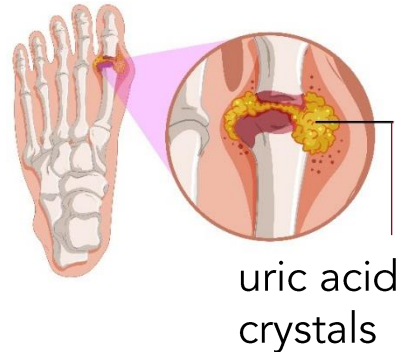
Community Health

Gout



What is Gout?

- A form of arthritis
- Disorder that affects the joints due to build-up of uric acid crystals
 - Uric acid is a normal waste product that is produced when the body breaks down chemicals called purines
- Acute gouty attacks due to
 1. Ineffective removal of uric acid
 2. Excessive intake of dietary purine



Risk Factors of Gout

Non-modifiable	Modifiable
<ul style="list-style-type: none"> • Age and gender <ul style="list-style-type: none"> ◦ Most common in men above 40 years old ◦ Menopause increases risk of gout in women • Family history 	<ul style="list-style-type: none"> • High blood pressure • High blood cholesterol • Overweight/obesity • Excessive alcohol intake • Kidney disease

Management of Gout by Changes in Modifiable Risk Factors

1. Reduce intake of high purine content food

- Sardines
- Anchovies
- Mussels
- Mackerel
- Roe
- Scallops
- Gravy
- Broth
- Animal heart, brain and kidney



2. Drink enough fluids

- Drink at least 8 glasses of water per day, unless otherwise advised by your doctor
- Large intake of water helps to remove uric acid from the body



3. Avoid drinking alcohol

- Excessive alcohol intake can lead to frequent gout attack as it prevents the removal of uric acid from the body

