

痛風

痛風的發生是體內的普林代謝異常，導致血液中尿酸增加形成高尿酸血症，並使尿酸鈉鹽沉積在關節腔內，造成關節腫脹與變形。

普林在體內經由肝臟代謝形成尿酸，最後由腎臟將尿酸排出體外，當男性每 100 毫升血液中的尿酸值在 7 毫克以上，女性在 6 毫克以上稱為高尿酸血症，而隨著血液中尿酸濃度的升高罹患痛風的機率顯著增加。

長期高尿酸血症可能引起痛風性關節炎、腎臟病、尿路結石，並常併有高血脂症、糖尿病及心血管疾病。

應注意事項：

1.維持標準體重

體重過重時應慢慢減重，在急性發病期則不宜減重。

2.儘量多喝水

每日至少飲用 2000 毫升以上的水分以幫尿酸的排泄。

3.避免飲用酒類

因其在體內代謝產生的乳酸會促使痛風的發作。

4.下列食物每 100 公克含 150-1000 毫克普林應儘量避免食用：

*發芽豆類、黃豆。

*雞肝、雞腸、鴨肝、豬肝、豬小腸、牛肝等內臟食品。

*白鯧魚、鱧魚、虱目魚、吳郭魚、四破魚、白帶魚、烏魚、魷仔魚、鯊魚、海鰻、沙丁魚。

*小管、草蝦、牡蠣、蚌蛤、干貝等。

*小魚干、扁魚干及各種魚皮。

*豆苗、黃豆芽、蘆筍。

*紫菜、香菇。

*肉汁、肉湯、雞精。

*活性酵母食物。

GOUT

Gout is caused by abnormal Purine metabolism, the increased of Uric acid may cause renal stone and it may accumulates in the joints, causing swelling, pain and deformity.

(Gouty Arthritis)

Uric acid is produced by Purine via liver metabolism, and excreted by the kidneys. For men, if uric acid is above 7mg/100ml and for women is above 6mg/100ml, are considered hyperuricemia, and the possibility of gouty arthritis will increased.

Points to remember :

1.Maintain normal body weight.

If overweight, please lose weight gradually. But in case of any acute sickness, do not lose weight.

2.Drink more water.

At least drink 2000 ml of water every day.

3.Avoid alcoholic drink.

Metabolism of alcohol within our body will produce lactic acid which will increased the chances of "Gout"

4.Each 100gm of the following food contains 150-1000 mg of Purine.

So it should be avoided:

*Bean sprout series, yellow beans.

*Chicken liver, chicken intestines, duck liver, pig liver, pig intestines, cow liver,,etc,

*White fish, silver carp, other fishes....., shark, sea eels, sardines...etc.

*Shrimps, oyster, clam, dried, scallop...etc.

*Small dried fishes...etc.

*Bean stalks, yellow bean sprouts, asparagus.

*Mushrooms

*Meat juice, meat soup,

*Yeast food.