

# DEVELOPMENT OF GOUT

Effect of diet and hereditary factors

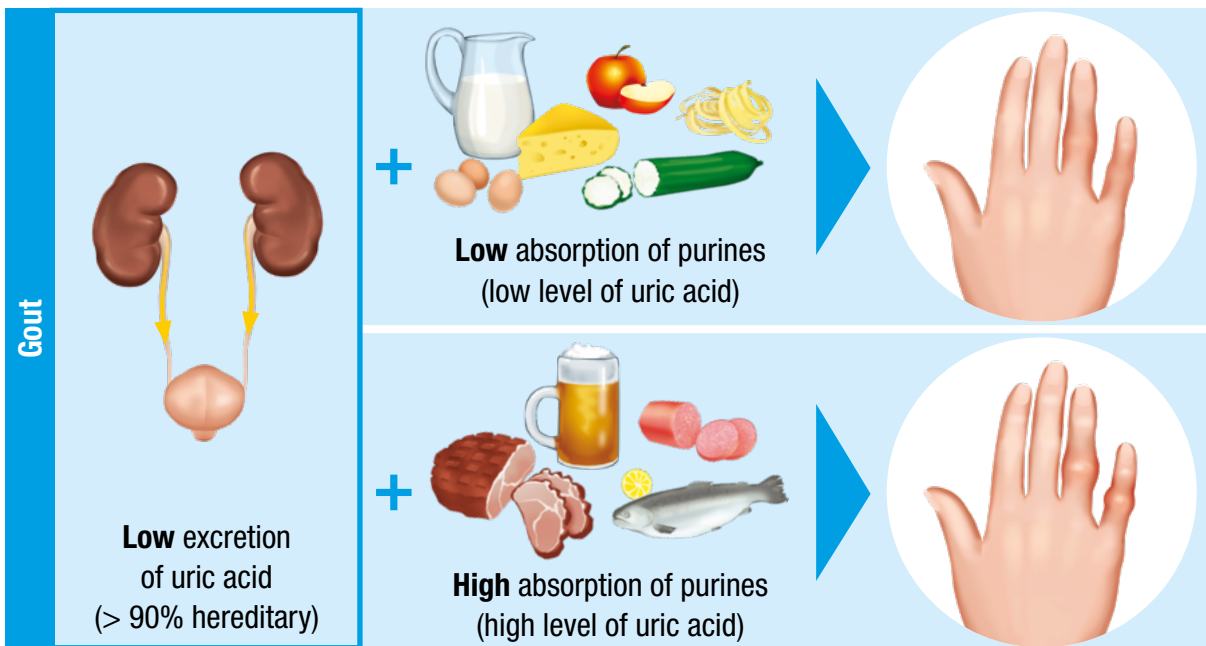
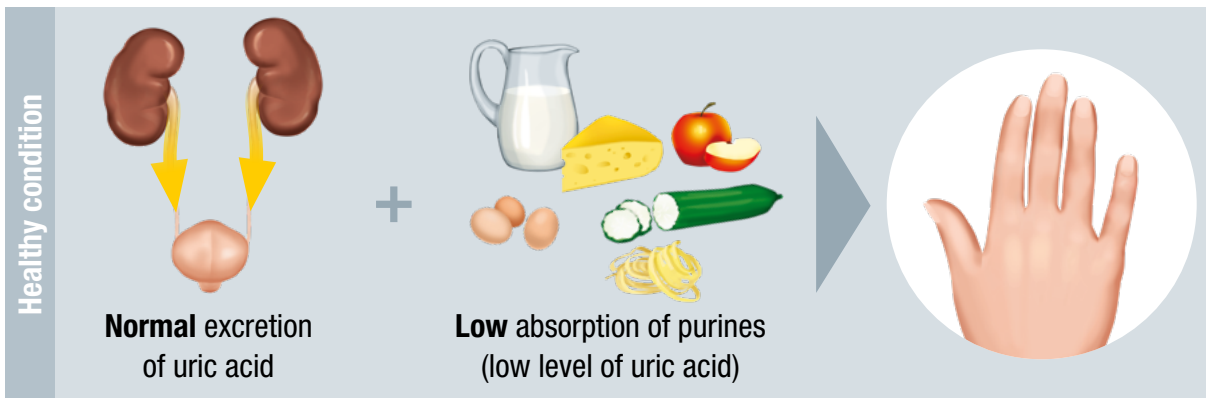
## CANNOT BE INFLUENCED

Excretion of uric acid  
via the urine

## CAN BE INFLUENCED

Absorption of uric acid  
via the diet

Example (hand)



# DEVELOPMENT OF GOUT

## Clear and simple

- Uric acid is a natural end product of the metabolism, and is primarily formed during the breakdown of purines.
- The main external source of purin is from food. Depending on how many purines are contained within our diet, our body produces a large or small amount of uric acid.
- The uric acid that our body forms from the purines in our diet then gets into the bloodstream. Kidneys remove the uric acid from the blood, and it is then excreted with the urine.
- In healthy people, the uric acid level is in a state of equilibrium, meaning that exactly the same amount of uric acid is produced as is excreted.
- The predisposition to develop gout is hereditary. In most cases, this is due to a genetic excretion disorder of the kidneys.
- An increased intake of purines via the diet can also significantly accelerate the development of gout.
- If the kidney function is also limited due to a disorder, the uric acid level will permanently increase. Gout will develop more quickly and more intensively.

