

7 Prescriptions For Gout Pain Treatment Table Of Contents

About This Guide

Gout sufferers need pain relief to maintain their quality of life.

To find the best gout pain relief, you must first understand what causes gout pain.

Most important:

Learn why gout pain can strike when your gout is getting better.

Finally, see what pain treatments are available.

Then, you & your doctor can chose the best gout pain treatments for you.

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1. What Causes Gout Pain?

It is well known that uric acid causes gout pain, but the mechanism is very complicated and often misunderstood.

Uric acid is vital to human life, but too much of it leads to gout pain.

Uric Acid Crystals

Everyone has a different threshold, but eventually, too much uric acid in the blood will cause crystals to form in joints and other body tissues.

Due to their shape, uric acid crystals, are commonly described as “needle-like”. Many people think they cause pain in the same way that pressing a needle into your

body does. This is not the case.

Immune System Reaction

Pain comes from inflammation caused by your immune system attacking uric acid crystals. This is similar to the pain of an infection such as flu, where your immune system fights the invading virus.

Uric acid crystals cannot be killed, but the inflammation and pain does subside once the immune system has coated the crystals – effectively hiding them.

Read more about [how uric acid causes gout pain](#).

2. Can Fixing Gout Cause Pain?

You have learned how uric acid crystals caused your gout pain, and how that pain dispersed once your immune system coated the crystals. This is acute gout.

Pain relief during acute gout will help you endure the pain of the gout flare.

But the pain relief does not stop future attacks. Also, you have uric acid crystals lodged in joints and other tissues that can build up, causing [serious bone damage](#).

Lowering uric acid

It is vital that you do something to lower uric acid.

The sooner you do this, the sooner you will

live a gout free life, and the shorter your gout fixing phase will be.

Gout Fixing Phase

Your gout fixing phase involves lowering uric acid to 5mg/dL (300 $\mu\text{mol/L}$) until you have 6 continuous months without a gout flare. How you do that is beyond the scope of this booklet.

During this phase, gout attacks will reduce in intensity and frequency, but you will still need preventative or occasional pain relief.

Read more about how [lowering uric acid can cause temporary gout pain](#).

3. Anti-Inflammatory Drugs

We know that inflammation causes gout pain. This is why the most common gout medicines for pain relief are **Non-Steroidal Anti-Inflammatory Drugs** (NSAIDs).

There are many NSAIDs, and your doctor may prescribe different ones from time to time to see which works best for you.

Common NSAIDs for gout are:

- Naproxen – sold as Aleve, Naprosyn and other brand names.
- Sulindac – sold as Clinoril
- Indomethacin – also known as indometacin, sold as Indocin
- Ibuprofen – sold as Advil, Motrin and

other brand names

NSAIDs often cause stomach problems. They inhibit COX-1 which we need for hormones that help protect the stomach and intestines (prostaglandin). This has led to similar drugs called...

Cox-2 Inhibitors

Celecoxib (brand name, Celebrex) is the only widely approved Cox-2 inhibitor. Rofecoxib (Vioxx) has been withdrawn due to heart attack and stroke concerns.

There are many problems with NSAIDs which get worse as you get older. **READ THE LEAFLET.** Read the leaflet carefully.

4. Steroids

Steroids include a wide range of hormones and other substances that affect our bodies in different ways. Our bodies produce anti-inflammatory steroids, but these often need help from synthetic steroids to deal with acute pain.

Corticosteroids

Corticosteroids include our own natural anti-inflammatory hormone - cortisone. As we get older, we produce less.

Tablets or an injection can boost our natural levels, but they are only suitable for short term treatment.

Prednisone and methylprednisolone are

commonly used for gout.

Follow your doctors directions for these drugs. You risk serious effects if you take them for too long, or if you stop abruptly.

An alternative, triamcinolone acetonide, is available which appears to have less side effects, but it is still important to stick to dosage instructions.

ACTH

An alternative to corticosteroids is ACTH. An injection of ACTH induces us to produce more cortisone, but this is ineffective for people who have been taking corticosteroids or have pituitary gland problems.

5. Colchicine

Colchicine is the oldest form of pain relief for gout. It is not a true painkiller, but works very well on gout to reduce inflammation and hence lessen pain. It's actions are so specific that it is seen by many as a diagnostic tool for gout – if colchicine cures your joint pain, then it is probably gout, though it is occasionally used for other conditions.

Though very effective in uncomplicated gout, it is less well tolerated in gout sufferers who have other health conditions, such as blood, heart, kidney, liver or stomach problems.

[Colchicine has side effects](#). It is renowned

for causing diarrhea, and you should stop taking it at the first signs.

6. New Developments

As scientists have discovered more about how your immune system reacts to uric acid crystals, new approaches to gout pain relief present themselves.

There are currently many trials of drugs that seek to reduce our reaction to uric acid crystals and thus relieve gout pain.

These trials include riloncept (Arcalyst), canakinumab (ACZ885), infliximab (Remicade), and anakinra (Kineret).

Follow developments of all new gout treatments at [Gout Pal Interactive](#).

7 Alternative Therapies

Hypnosis, acupuncture and various distraction techniques have all been tried for pain relief, and results vary widely from person to person. There is a strong psychological element to pain control, so it pays to try different techniques to find one that suits you.

One simple technique that helps where swelling is associated with pain, is ice therapy. Apply an ice pack to the affected area for 10 minutes. Then apply a warm towel and continue to keep the area warm and dry.

At the other end of the technology spectrum, many people find relief from

devices that interfere with pain signals through nerves.

[TENS machines](#) are thought to block the pain signal to the brain by delivering electrical impulses through the skin. At low level frequencies, these impulses also encourage the body to produce endorphins – a natural painkiller.

Similar results are reported from [low level laser devices](#), where specific tests on gout related pain have shown rapid pain relief.

Remember, **pain relief is never as important as lowering uric acid.**

Control uric acid and you will remove the source of your gout pain.

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