



# Coping with Gout (Overcoming Common Problems)

*Christine Craggs-Hinton*

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## **Coping with Gout (Overcoming Common Problems)** Christine Craggs-Hinton

Gout is a type of acute arthritis characterized by severe pain and inflammation in the joint(s) and soft tissues affected. When it is not treated attacks can become more frequent and painful and long-term damage can ensue. This book explains the causes, which include overindulgence, crash dieting and injury, and how medicines and lifestyle changes can be used to control the pain and overcome the condition. Table of Contents: Acknowledgements Introduction 1. What is Gout? 2. Getting Help from Your Doctor 3. Helping Yourself 4. Eating to Combat Gout 5. Complementary Therapies 6. Emotional Help Useful Addresses References Further Reading Index

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