



AskDoctor Dr Karuhanga



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Can I still take alcohol after a gout diagnosis?

I was diagnosed with gout last year and received treatment. Although I was advised to stop taking alcohol, my status requires that I drink occasionally. What type of alcohol can I consume? Akiiki

Dear Akiiki,

Gout is a recurring and painful joint disease caused by high levels of uric acid in the blood. This leads to the accumulation of uric acid crystals in the joints, resulting in swollen and painful areas.

Uric acid is a natural waste product formed from the body's breakdown of substances called purines, which are found in our cells, foods, and drinks. Most uric acid is eliminated from the body through urine.

When the body produces too much uric acid or when the kidneys are unable to remove it quickly enough, uric acid accumulates in the body and joints, leading to the symptoms of gout.

To help prevent gout attacks, it is essential to maintain low uric acid levels through medications, dietary changes, and lifestyle



modifications. While moderate alcohol consumption or occasional drinking is common, it still increases the risk of gout attacks. Alcohol raises uric acid levels due to its purine content, especially beer, and can cause dehydration, making it harder for the body to eliminate uric acid.

People with gout should avoid alcohol whenever possible. If

they choose to drink, a glass of red wine is considered the least risky option, while beer and spirits should be avoided.

Additionally, limiting purine-rich foods such as red meat, organ meats, and certain seafood (such as shellfish), avoiding sugary drinks, staying hydrated, and maintaining a healthy weight can all help manage gout effectively.

Does deodorant cause breast cancer?