

痛風

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痛風症是一種在華人中相當普遍的病症，多發生在男性身上。痛風的形成，是指身體內尿酸成份過高，以致有過多的尿酸沈積於血液和組織之中，如：手指、腳趾、腳跟或其他關節，而引起腫痛和發炎。

尿酸主要由普林(Purine)分解而來，而普林的來源是由食物及體內自行合成，所以治療方法是避免進食普林過高的食物，加上藥物治療，藉此降低尿酸的形成。

戒口是針對數類食物而言：

- ◆ 酒類如啤酒、燒酒、拔蘭地、威士忌等



- ◆ 內臟如腦、腰、肝、心、肺、豬橫利、腸、腎、魚頭、魚暈等



- ◆ 濃肉湯或濃縮肉汁，如雞精、雞粉、牛素〔Oxo〕、老火湯等



- ◆ 海產貝殼類，如：帶子、蠔、青口、沙甸魚、魚卵、龍蝦、蜆、蟹、白飯魚、銀魚乾等



- ◆ 高脂、肥膩食物如煎炸食品



- ◆ 每天肉類、家禽類和魚類一般不超過五兩，可以普林含量較低之豆腐、豆製品或乾豆代替



- ◆ 酌量進食冬菇、草菇、椰菜花、莧菜、菠菜及露筍等蔬菜，每星期最多吃一次為限



- ◆ 多飲開水(每天最少9-10杯)可以幫助排出體內過量的尿酸



- ◆ 患有痛風症的病者，應避免身體過胖，以每月減少2公斤(4-5磅)為原則，逐步減輕體重



如有任何查詢，請聯絡醫護人員

以上資料由港島西聯網家庭醫學及基層醫療部提供




瑪麗醫院
Queen Mary Hospital

痛風 GOUT

骨骼的關節
Joint



沈澱的尿酸結晶
urate crystal

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
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GOUT

Gout

Gout is a common disease in Chinese. It is more common in men. The cause of gouty attack is due to the deposition of uric acid in blood and tissues, such as: fingers, toes, heels or other joints, leading to swelling and inflammation when the uric acid level is high in our body.

Uric acid mainly comes from decomposition of purine, while the source of purine is from the food and synthesis by the body itself. Therefore, management is based on low purine diet with appropriate medication aiming at lowering the uric acid level.

Diet advice:

◆ Take less:

- Alcoholic beverages such as beer, liquor, brandy, whiskey, etc.



- Organs such as the brain, kidney, liver, heart, lung, pancreas, intestine, fish head



- Concentrated broth or concentrated juices such as chicken essence, long boiled soup



- Seafood and shellfish such as: scallops, oysters, mussels, sardines, fish eggs, lobster, clams, crabs, silver fish, dried whitebait, etc.



- Food with high cholesterol content e.g. fried food



◆ No more than 200 gram of meat, poultry or fish per day; can consume tofu, soy or beans which is lower in the content of purine



◆ Avoid excessive consumption of mushrooms, straw mushrooms, cauliflower, amaranth, spinach and asparagus. This kind of food should not be consumed more than once per week.



◆ Drinking more water (at least 9 - 10 cups every day) can help to excrete excess uric acid.



◆ Avoid obesity, aiming at gradual reduction of weight at about 2 kg (4-5 pounds) per month for obese patients



Should you have any queries, please contact your Health Care Provider.

Information provided by Department of Family Medicine and Primary Healthcare, Hong Kong West Cluster