痛 風

痛風

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 纖之中,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







◆ 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



瑪麗普院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Family Medicine-2
Last review/revision	May/2023
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

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.



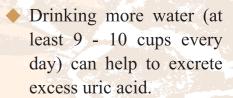
 Food with high cholesterol content e.g. fried food



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.





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