

Published based on [Gout Toe - Symptoms And Consequences](#)

Gout Toe - Symptoms And Consequences



Gout, also known as the 'disease of the kings' is a kind of arthritis that can cause unbearable pain in the joints, especially, toes. Although gout may affect other joints like ankles, knees, elbows and fingers, gout in the toes is the most common disease.

Gout is caused due to excessive uric acid in the blood. The excessive uric acid crystallizes and gets deposited in the joints. The chances and risk of getting **gout toe** is high for those who eat a lot of purine rich foods like red meat, people who are overweight or obese and for those who drink too much of alcohol. Heredity is also one of the causes of gout. If you consider yourself to be among the people who are under high risk, watch out for the symptoms of gout.

Symptoms of gout

The first stage of gout toe is the asymptomatic level. The uric acid levels are above the normal limits in the blood, but there are no symptoms.

The symptoms of gout often start in one of the toe joints, especially in one of the big toes. There is a sharp strangle pain in one of the toes. The pain may be for a short duration or for a few days. It may take weeks or months or even years for the next attack to occur and the next attack may be more severe. Some patients may experience a sever attack the very first time itself.

The next attack will be more painful. There may be swelling in the toes. The area affected by gout may be red, inflamed, shiny and tender. Even the touch of the blanket or bed sheet or clothing could cause sharp unbearable pain. The pain is severe in the nights and in the early mornings.

Some patients with gout toe may suffer from fever, chills, tiredness and loss of appetite.

Many people often link the gout toe pain with osteoarthritis. If you experience one or more of the above symptoms, you should immediately consult your doctor and start treatment. If untreated, gout may lead to severe consequences.

Consequences of untreated gout

The initial stages of *gout toe* may not cause any permanent harm. If left untreated, it may result in chronic inflammation, limited mobility and physical disability.

The risk of formation of kidney stones is higher. The crystallized uric acid forms into little stones in the kidney. If these stones enter the urinary tract, they may abstract the flow of urine. If the size of the stone is small, it can be treated with medication or home remedies. If the size is larger, it may need surgical removal. The recurrent formation of kidney stones and blockage of urinary tract may also result in the damage of the kidneys.

If **gout toe** is left untreated, sometimes the uric acid crystals may form bumps. These bumps are called tophi and they get deposited under the skin. They become infected and cause a lot of pain.

Gout can be treated through NSAIDs. When this medication is taken for a long duration of time, it may result in side effects like ulcer, bleeding from stomach and many more. If you are suffering from gout toe or if you are in the high risk group, it is always better to make lifestyle modification like avoiding a purine rich diet, drinking plenty of water, saying NO to alcohol, reducing weight, exercising regularly and avoiding stress. There are many home

remedies that are highly effective in treating and preventing gout toe. They are absolutely safe. Lead a healthy life style to avoid gout toe.

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