

Published based on [Understanding the Gout Toe Condition](#)

Understanding the Gout Toe Condition

Due to an increased level of uric acid in the body, you're likely to suffer from **gout**. Considered as one of the most painful forms of arthritis, the condition occurs when uric crystals start to form in the body because it's unable to get rid of the excess uric acid. As it accumulates in the joints, it causes swelling, skin redness on the affected part and severe pain. It usually affects the big toe.

The pain from **gout toe** can be agonizing, especially when touched, and greatly affect your ability to move about. This physical disorder may also affect body temperature and cause a slight fever. This condition can last for 1-2 weeks, sometimes longer depending on the gravity of the attack. Anti-inflammatory medications and painkillers can alleviate the situation.

Although uric crystals can also accumulate in other parts of the body, including the hands and the knees, you should be very careful when the foot is affected. This part of the body carries much of the bodyweight and will experience too much stress when walking. It is recommended that you limit your movements, making sure it's free from obstructions that will only cause unnecessary torture.

To ease the pain of your **gout toe**, you may want to raise your legs higher and slowly apply a cold compress. While in the middle of an attack, you may want to veer away from red meat, wheat bread, mackerel, nuts and colas. Stock up on eggs, cheese, milk, cereals, fruits and most vegetables. You can also take vitamin C and other supplements.

It is wise to consult a doctor even if the pain has subsided. Your **gout toe** may be a symptom of other things forthcoming, it's better to be aware of it as soon as possible and avoid more severe medical conditions. Kidney problems, hypertension, and even other medications might be the reason of such a painful situation.

Doctors will examine your blood and also take a sample of the fluid in the affected **gout toe** area. The blood test is to determine the level of uric acid in your body, which ideally should only be between 3.4-7. The fluid test is to further check the presence of uric crystal in your body. These are basic medical procedures to determine the seriousness of your physical condition. The results will help determine the appropriate medication to take.

Make sure to not take this matter for granted, as a recurring **gout toe** condition may cause deformed feet. A deformed foot, especially on the toe area happens when uric crystals continue to accumulate and become hard lumps at the surface of the joints, protruding directly under the skin. The crystallized deposit, also known as tophi, may break out of the skin.

To avoid getting into a worst-case scenario, it would be wise to heed the doctor's advice. Aside from taking medication when needed, it's advisable to take a closer look at what you eat and drink. A low purine [diet for gout](#) will help you avoid attacks of **gout toe** and maintain a healthy body. After all, eating healthy doesn't mean avoiding foods that can contribute to a higher uric acid level. It only means eating everything in moderation.

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