



Coping With Gout (Overcoming Common Problems)

Christine Craggs-Hinton

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Gout is on the increase, particularly among women, where studies have found that the incidence has doubled in the past 20 years. Associated with increasing age, obesity, high blood pressure, and alcohol use, gout is a disabling type of arthritis which, if not treated, can lead to long-term pain and damage. Medications can help, as can self-help, particularly in the realms of weight loss and diet. This book looks at the latest research on what to eat and what to avoid, as well as which supplements may help.

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