

MIEUX COMPRENDRE LA GOUTTE

CAUSES & FACTEURS DE RISQUE

Causes

Taux élevé d'acide urique dans le sang.
En cas de goutte, les molécules d'acide urique s'accumulent sous forme de cristaux dans les articulations (ex. gros orteil).



- Point de solubilisation de l'acide urique : $6,8 \text{ mg/dL}$
- Objectif du taux d'acide urique dans le sang : $\leq 6 \text{ mg/dL}$

Facteurs de risque

Hérédité (facteurs génétiques)

Les facteurs génétiques représentent environ 25% de la variation de l'acide urique alors que l'alimentation moins de 0,5%, selon une étude de 2018 (DOI : 10.1136/bmj.k3951).



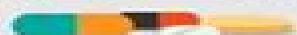
Alimentation



Obésité



Médicaments (ex. hypotenseurs, aspirine, diurétiques)



SYMPTÔMES CRISE DE GOUTTE



Inflammation intense d'une ou plusieurs articulations

Douleurs souvent atroces



Les cristaux d'acide urique agissent comme des éclats de verre

TRAITEMENTS NATURELS

En complément
Cerises



TRAITEMENTS DE LA GOUTTE

TRAITEMENTS DE LA CRISE

Anti-inflammatoires non stéroïdiens (AINS) comme l'ibuprofène



Colchicine



Corticoïdes (ex. prednisone)



Canakinumab (un anticorps)



TRAITEMENTS PRÉVENTIFS

Traitement de premier choix

Allopurinol



Febuxostat



Probenécide



Lesinurad (benzbromarone)



BONS CONSEILS & PRÉVENTION



REDUIRE



AUGMENTER

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Lingjun Ying



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