



Understanding the Link and Minimizing Symptoms

by ANGELA FINLAY

Gout and Diabetes

Gout and diabetes are strongly linked, and together they can produce an unwelcome and unhealthy mix of symptoms. More people who are at risk for gout are also at risk for metabolic disorder like diabetes, and vice versa, so stay a step ahead of any complications with sound understanding, good preventative measures and an action plan for symptom treatment.

How Gout and Diabetes Affects Each Other

Gout and diabetes often occur together, and experts warn that having diabetes can drastically raise your risk of developing gout. A major risk factor for diabetics is poor circulation, which can result from uncontrolled blood sugar. When the blood cannot circulate easily, toxins and waste products can pool in the extremities, and compounds like uric acid can build up in the joints, causing gout.

But the inverse is also true: having gout increases your risk of developing diabetes (along with cardiovascular disease). This connection is less understood, but experts point to a couple of factors that could explain the prevalence of Type 2 diabetes among long-time gout sufferers:

- **Unhealthy lifestyle.** Both gout and diabetes are often traced to unhealthy eating and a sedentary lifestyle. It follows that many gout patients are likely already living the recipe for obesity, diabetes, and coronary artery disease.
- **Uncontrolled uric acid levels.** High uric acid levels can increase diabetes risk by 20%. Those with gout know how uric acid buildup can lead to pain and inflammation, but high uric acid levels don't always come with symptoms. When you neglect to check your uric acid level, you're increasing your risk without even knowing it.

Treating Gout and Diabetes Simultaneously

Many of the best preventative measures also play a role in the treatment of gout and type 2 diabetes. From simple lifestyle changes to more focused disease management, there are several steps every sufferer can take toward better comfort, fewer symptoms, and a longer life:

- **Get active.** If you're looking for cheap and effective treatment, nothing can beat regular exercise. A mere 30 minutes of moderate exercise every day can quickly rid you of excess weight and encourage a more positive emotional state. And as long as you keep it up, these improvements spark a chain reaction: energy leads to more energy, which leads to more weight loss, which leads to fewer symptoms and flare-ups.
- **Increase your water intake.** Many people don't realise how much sugar, additives and extra calories they take in liquid form, and replacing sweetened, caffeinated and alcoholic beverages is one of the most effective ways to attack each condition at its source. The more water you take in, the better your blood

circulation, the less uric acid crystals will form, and the better your kidneys will function, improving your general state of health and comfort.

- **Choose helpful foods.** Most diabetics and gout sufferers know which foods will worsen symptoms or increase risk of complications, but rather than stick to neutral foods, it's a good idea to investigate proactive ingredients that can actually help to restore your health. Cayenne pepper, garlic, ginger and whole grains have been found to increase blood circulation, while providing important compounds and minerals for healthy bones and tissue.

There is no overnight cure for wither illness, but there is still a lot you can do for your body and mind. In some cases, medication will need to play a central role in your disease management, but don't discount your ability to take charge of your own health and quality of life when living with gout and diabetes.