

## **A Definition of Gout:** *an exercise in S/V agreement*

**Directions:** *Find and correct the errors in agreement in this excerpt from a definition essay.*

Gout is a disease resulting from the deposition of urate crystals caused by the over-production or underexcretion of uric acid. The disease is often, but not always, associated with elevated serum uric acid levels. Although the prevalence of gout are equal in men and women, men are six times more likely to have elevated serum uric acid concentrations. The condition is uncommon before the age of 30. Understanding more about the causes, symptoms, and methods of diagnosis of gout are important for both patients and their care providers.

Hyperuricemia, defined as a serum uric acid concentration above 7 mg, have many cause. Serum uric acid levels becomes elevated in any disorder that result in the proliferation of cells or the excessive turnover of nucleoproteins. Hyperuricemia can also occurs with decreased renal function and in genetic disorders that increases the production of uric acid. Several medications can also increases the serum uric acid concentration. Although hyperuricemia is a risk factor for the development of gout, the exact relationship between hyperuricemia and gout are unclear. Other risk factors are alcohol consumption and obesity.

Symptoms of gout are most obvious during attacks, which tends to occur suddenly, without any obvious causes. The chief complaint associated with an acute attack of gout are agonizing pain accompanied by swelling, warmth and tenderness. Attacks usually start during the night, when moderate pain in the joints are first noticed. The pain become persistently worse and has a continuous, gnawing quality. A low-grade fever may occurs in connection with the inflammation. More than 75% of acute gout attacks affects a joint in the lower extremities, and podagra, an acute attack of gout in the big toe, account for over 50% of all acute attacks. In addition to the great toe, another areas affected includes the insteps, heels, ankles, knees, fingers, wrists and elbows.

Diagnosis of the condition involve various tests. Because the gout patient typically have hypertension and impaired renal function, examination of the renal and cardiovascular systems are essential. Baseline laboratory tests includes a complete blood cell count and urinalysis, as well as serum creatinine, blood urea nitrogen and serum uric acid measurements. The most reliable test, however, involves detecting uric acid crystals in a sample of joint fluid obtained by joint aspiration, or arthrocentesis.