

GOUT

Q: Mob ko taw vwm yog dabtsi?

Mob ko taw vwm yog ib hom mob pob qij txha uas cia li mob tam sim ntawd, mob heev thiab o tej yas tes yas taw uas tej zaum yuav liab thiab kub lug.

Q: Yog vim li cas thiaj mob ko taw vwm?

Mob ko taw vwm vim muaj cov kua “uric acid” ntau, uas yog tej yam tsis zoo muaj tshwm sim hauv lub cev los. Muaj “kua uric acid” ntau thaum ob lub raum tsis muaj peev xwm lim tawm nws zoo lossis thaum koj lub cev ua kua “uric acid” ntau dhau lawm.

Q: Kho mob ko taw vwm li cas?

Muaj ob peb txoj kev los kho mob ko taw vwm, thiab nws txawv ib tug neeg mob rau ib tug. Thawj qhov yog los mus tswj qhov mob thaum pib mob tuaj. Tej zaum koj tus kws kho mob yuav muab tshuaj pab kom txhob mob kub lug lossis tshuaj “corticosteroids” los pab qhov no.

Qhov thij ob yog los mus tshwj tus mob los

ntawm ua kom muaj cov kua “uric acid” tsawg dua nyob hauv koj cov tshav. Ua kom cov kua “uric acid” tsawg dua hauv koj cov tshav yuav tiv thaiv tau lossis ua kom tsis mob heev thiab txo tej yam teebmeem los nrog mob ko taw vwm. Nws tseem ceeb rau cov neeg mob los tswj qhov mob pob txha thiab ua kom cov kua “uric acid” txo qi es thiaj dim ntawm qhov mob ko taw vwm.

Tej zaum cov kws kho mob kuj pom zoo kom hloov tej yam ntawm lub neej los mus pab txo cov tsos mob. Tej yam xws li poob phaus, txhob haus npias haus cawv ntau thiab noj tej yam khoom noj kom tsawg.

Q: Hom tshuaj twg los kho thaum mob ko taw vwm?

Los pab qhov kub lug thiab mob, tej zaum cov kho mob yuav pom zoo “naproxen”, “ibuprofen” lossis lwm yam NSAID (nonsteroidal anti-inflammatory agent), lossis sau tshuaj “colchicine” lossis “corticosteroids” los pab txo qhov kub lug thiab mob ko taw vwm.



Q: Cov tshuaj twg pab tswj cov kua “uric acid”?

Nws tsuas muaj ib txog kev los mus tswj mob ko taw vwm ntev mus xwb, uas yog tswj kom tau cov kua “uric acid” kom zoo. Cov tshuaj pab cov neeg mob los tswj lawv cov kua “uric acid” ib ntawm ob txog kev:

1. Lawv txo kom ua kua “uric acid” tsawg dua, lossis
2. Lawv pab tso tawm cov kua “uric acid” kom ntau mus

Thawj qhov tshuaj siv los kho yog ib qho tshuaj

hu uas “allopurinol.” Tej zaum cov neeg mob kuj siv “febuxostat,” ib hom tshuaj muab rau cov neeg uas tsis ntxim “allopurinol” zoo. Ib qhov tshuaj ntxiv yog “probenecid” uas pab lub cev tso tawm kua “uric acid” ua ntej nws ua muaj ntxiv.

Q: Yog hais tias cov tshuaj tsis ntxim ne?

Tej co neeg mob pom tau tias lawv yeej tseem mob ko taw vwm tom qab lawv twb siv cov tshuaj muab rau lawv. Tej zaum cov kho mob kuj pom zoo kom cov neeg mob no sim “peglotcase,” yam tshuaj txhaj tsim tawm los rau cov neeg uas tsis ntxim cov tshuaj noj rau mob ko tawm vwm.

Mob ko taw vwm yeej mob heev thiab ua rau yus ua tsis tau dabtsi li – tabsis kho tau. Ua haujlwm nrog ib tug kws kho mob los mus tsim ib txoj kev kho uas yuav pab tau koj los mus kho tus mob no.

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About Alliance For Gout Awareness

The Alliance for Gout Awareness works to reduce stigma and empower patients by improving public understanding of gout. Members collaborate on educational materials and support resources.

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