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GOUT & THE GUT

WHITEPAPER



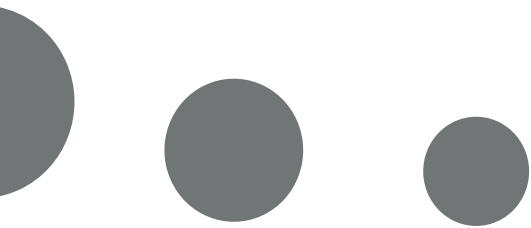
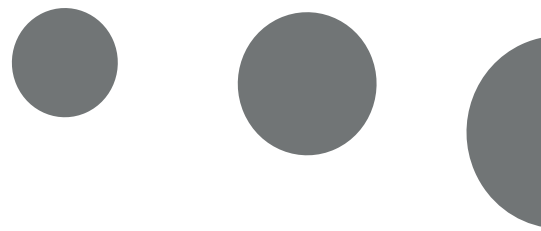
GOUT

Gout is an extremely painful form of inflammatory arthritis. This condition is very common in the UK, with a steady increase in the number of cases over the past decade.

Most often it affects the joint at the base of the big toe. This condition is associated with the increased accumulation of uric acid in the blood. As a result, uric acid is deposited gradually in the joints, resulting in the formation of crystals which cause pain and inflammation over time⁽¹⁶³⁾. The microbiota has been implicated as a role player in the production of uric acid⁽¹⁶⁴⁾. Recent analysis indicates that the microbiota of patients with gout is distinctive and possess a larger capacity to produce uric acid than those of healthy subjects.

Another feature of the microbiota associated with this disorder is the decreased level of bacteria linked to butyrate biosynthesis and, therefore, compromised anti-inflammatory effects⁽¹⁶⁵⁾. These observations highlight the importance of the gut's health and the microbiota in the development of gout.

Dietary habits play an important role in the development of gout. With the increased consumption of alcohol and animal protein in Western-style diets, the number of gout cases have been increasing worldwide⁽¹⁶⁶⁾. Therefore, a healthy balanced diet, with sufficient fibre content and avoiding trigger foods represents an effective mean to control the disease. Maintaining a healthy balanced diet and healthy lifestyle over time will improve gut health and beneficially shift the ratio of bacteria strains in the gut, making Gout less and less likely to occur.



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