... Looking for a new treatment for gout

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What is gout?

a) Is an state characterised by the disturbance of metabolism of the purines.

b) Excess of uric acid in the blood.

c) Severe arthritis attacks and calcareous deposits in the articulations cartilages, however this deposits are formed by urates mainly.
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¿How many types of gout are?

- Abarticular
- Severe
- Anormal
- Articular
- Asthenic
- Cretácea
- Masked
- Inflammation
- Irregular
- Latent
- Lipoid
- Multiple joint
- Regular
- Saturnine
- Tophaceous
- Visceral
¿How is the transmission?

By a **autosomal dominant gene**.

It’s **6 to 7 times higher** in men than in women.

The transmission is by **excessive production of uric acid** or by a **decline of the enzyme HYPOXANTHINE GUANINE PHOSPHORIBOSYL TRANSFERASE (5%)**.
¿How many gout sufferers are?

In the world there is 1 gout patient per 10 thousand people, therefore this people is more than half million.

In Peru, there are nearly 30 thousand gout patients, and 9 thousand of them live in Lima.
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¿What are the symptoms and signs?

- Intense pain
- Inflammation
- Deformity
- Powerlessness
- Deep depression
¿Qué ayudas diagnósticas podemos usar?

- Dosage of serum uric acid
- Dosage of uric acid in urine
- Dosage of glucose
- Dosage of creatinine and urea
- Plain films
- TAC
- TAC Helicoidal
- Magnetic resonance
- Ultrasound
- Pathology

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What is the traditional treatment?

In extreme case: colchicina 0,5 mgs until cause diarrhea (approximately 10 to 12 tablets).
After several months: allopurinol of 100 and 300 mgs, one or two times a day for the rest of life of the patient.
Mechanism: inhibit the xanthine oxidase.
Adverse reactions: hypersensitivity, renal disorders, gastrointestinal, hair lost, sleepiness, liver damage, ataxia, vasculitis, depesión bone marrow, convulsions, etc.
They are also used corticoids y analgesics anti-inflammatory.
Strict diet free of foods high in purines.
¿Which are the postulates of this new proposal?

a) The transmission is by an autosomal dominant gene, therefore the treatment should be for life and the least toxic possible.
b) The human body doesn’t have the uric enzyme.
c) The human body produces the 75% of circulating uric acid. The oral intakes contributes with the 25%.
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¿Which are the postulates of this new proposal?

d) The traditional treatment is highly toxic.
e) The traditional treatment limits the food pattern.
f) It doesn’t gives quality of life to the patient with the traditional treatment.
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¿Why we use the acid alpha lipoic (AAL)?

a) Because the enzyme acts as uric.
b) Because supplys the low levels of hipoxantina guanina fosforribosil transfersasa enzime.
c) It is safe and is taken in low doses (5 to 10 mgs per tablet).
d) Is water soluble and fat soluble, metabolizing the same day of intake.
e) It is easy accesible because it’s in vitamin supplements like (Higabión tablets, Hepamaxx pill, Hepabionta pill and injection, Tioctan forte pill and injection, Tioctan plus pills, Biliox tablets).
f) The AAL is a strong antioxidant that helps insulin and competes with free radicals. It is used in cases of senile insanity.
g) The cost is cheap (less than a dollar per day).
h) It is used in the acute attack as in maintenance therapy.
i) It is used for prophylaxis in patients and family.
The AAL is considered the “universal antioxidant”.

¿Why we use the acid alpha lipoic (AAL)?

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¿What we use as a coadyuvant?

a) Abundant liquids: 2 water liters per day in hypertension cases and 3 liters in common patients.
b) Arthritis cases: glucosamine sulfate + condroitin sulfate + metilsulfonilmetane.
c) In renal damage or patients with lithiasis or constant renal tophus or congenital deformations: citrate of potassium 1080 mgs each 12 hours.
d) Eventually, prednisone, dexametasonine, betametasonine. They help to give away the uric acid.
e) As an ant inflammatory analgesic: sodic diclofenac 100 mgs one per each day.
f) B Complex makes synergism with AAL.
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¿What should not be taken?

- Aspirins
- Diuretics
- Contraceptives
- Alcohol

It should be noted that there is an interaction with the medication for cancer.
¿How is our experience?

Since March of 2006, we have treated patients that are hyperuricemics and old gouts sufferers.

Of the 88 patients studied, 12 are women and 76 are men.
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How is our experience?

Of the 88 patients, 28 are old gout sufferers (with the traditional treatment which ranges from 2 to 30 years).

The remaining 60 patients had symptomatic hyperuricaemia.

In both the new clinical treatment was successful.

Patients treated 2006-2011

- Old gout sufferers
- Symptomatics Hyperuricemics

28

60
How is our experience?

2 patients dropped out the treatment (the first one was a 30 years gout sufferer and the second one had kidney disorders)

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Patients treated 2006-2011

Followers: 86

Dropouts: 2
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¿How is our experience?

We found these diseases related:

- Kidney failure
- Duplication of calices
- Hypothyroidism
- Hypertension
- Diabetes melitus
- Fatty liver
- Arthritis
- Syndrome of Ehrlos Danos
- Adrenal glands dysfunction
We believe that in these 5 years we helped over a hundred patients on their life quality to apply our new treatment.

February 20th, 2011
Lima, Peru
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