Gout and alpha lipoic acid for the first time in the world

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Dr. César Augusto Ordinola Vieyra
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Brief historical review

Gout is a disease known since thousand of years ago. In the year 2,600 before Christ is described in the egyptian papyri.
Further, in the Fifth Century Hippocrates of Cos mentioned it, he makes a description of the tophus, and Paracelsus identified in the different parts of the human body.
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Brief historical review

Called “Kings diseases” it mentioned that in the Ancient history, 30 Kings and 7 Popes suffered of it.
Likewise, famous characters like **Michel Angelo**, Rafel Sanzio, Lorenzo de Medici (the gout sufferer), Alejandro Magno, Nostradamus, Pablo Neruda, Javier Heraud...
Gout is also recognised like the “Queen of diseases”, because of the difficulty of the treatment and the causing postration.

Many scientist have contributed to their studied, trying to reduce this disease. Is for them, it could known the metabolic disorder and the production by the human body of 75% of uric acid was determinate is this disease.

Sir Archibald Garrod (1857 - 1936)
Brief historical review

In gout treatment, since 200 years ago it is used the colchicin and since 1964 the alopurinol, which came as a hope for gout patients, but quickly the toxicity was detected.

Additionally, the patient needs to take it every day of their life and it produces a severe damage in their own bodies.
In 1948, the Acid Alpha Lipoic (ALA) is discovered which quickly won the acceptance and in 1955 works about it have been since, where it is used as adjuvant in the treatment for diabetes.

As well it gives good results in other diseases like senil insanity, Alzheimer, Parkinson, diabetic neuropathies, ocular pathology (waterfalls disease, glaucoma, retinopatías, degeneración macular).
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And now the ALA...

The ALA is called “universal antioxidant” or “main antioxidant” for excellence, because mobilizes free radicals (“metabolic garbage”) and improves the actions of other antioxidants.
And now the ALA...

Since March of 2006, we have been using the ALA in Lima, Peru, for the first time in the world for patients with symptomatic hiperuricemia, as well as in old gout sufferers that followed the traditional treatment with disappointing results.

Apparently, the ALA behaves like a uric enzyme that the human body don’t have and also supplies the low enzyme hypoxanthine guanine phosphoribosyl transferanse.
And now the ALA...

Given small doses (5 to 10 mgs, breakfast-lunch-dinner) allows to metabolize the uric acid circulating and improves the changes produced by articulations, tophus and renal pathology.

At the sixth day of treatment the laboratory give us **amazing results**.

Remarkably improves the uric acid, urea, creatinine and blood glucose.
And now the ALA...

Our patients report us that the ALA improves their triglycerides and the cholesterol (information to be confirmed and it deserves a deper study).
And now the ALA...

For this qualities showed by the ALA, the patients treated weren’t submitted to any kind of diet.

Our indication is free diet **plus 2 to 3 liters of water per day**. Should be remembered that the uric acid has 2 ways of excretion: intestine and kidney. If the patient doesn’t take al lot of water, the uric acid is excreted via intestine.
And now the ALA...

Incredibly the ALA is founded in red met, spinach, cauliflower, broccoli and green vegetables.
And now the ALA...

Also remember that the ALA is produced also in large quantities in the **first years of life**.

After that, it goes down, reaching **lower levels in seniors**.
Nowadays the ALA is considerate a nutritional supplement and that is why it does not need a medical recipe.

In Peru we have ALA in 100 mgs capsules which are soled in some pharmaceutics departments. We do not have much experience with this higher dosage.
And now the ALA...

It is convenient the prophylaxis because if the uric acid won’t give crisis, it still producing every day and damaging the articular cartilage and the kidney.

This is why the ALA must be taken for life, even when the patient looks and feels healthy.
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March 26 of 1980
Paraninfo of the National University of Trujillo
Peru
Finally…

Today, June 19th, 2011, I would like to thank everyone that had trusted in this new treatment that had been tested for the first time in the world. I am satisfied because we had given life quality to more than a hundred Peruvian people.

Also, I would like to thank and give an acknowledge to those people who had visited our website (1,270 in less than 5 months), and to those who had e-mailed us from different places all around the world and the phone calls we had received from different countries.

A special thanks to my friend Manuel from Granada (Spain) who collaborate with information about gout.

… And of course, to our number 1 patient who with his 48 years has an excellent and healthy life.

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