

Introduction Ode To PseudoGout Pseudogout (Calcium pyrophosphate dehydrate CPPD) is a joint condition Attacks of pseudogout arthritis are caused by crystals of CPPD deposition Acute attacks of the joints occur with swelling, warmth, redness and pain The joints of the knees, ankles, wrists, and hips are most often inflamed CPPD is a common condition that occurs with aging Unlike gout it can cause an arthritis that is more lasting The appearance of CPPD crystals in the joint fluid confirm the diagnosis Another diagnostic feature is the presence of cartilage chondrocalcinosis Steroid injection may help treat the inflammation of a single swollen joint affected Oral steroids and NSAIDs are sometimes given when many joints are involved Treatment may also involve aspiration of the joint fluid to relieve pressure Surgery to repair and replace damaged joints is another treatment procedure. -An original poem by Kenneth Kee Interesting Tips about the PseudoGout A Healthy Lifestyle 1. Take a well Balanced Diet 2. Treatment for PseudoGout Treatment may involve aspiration of the joint fluid to relieve pressure in the joint. A needle is inserted into the joint and fluid is aspirated. Steroid injections may help treat the inflammation of severely swollen joints. Oral steroids are sometimes given when many joints are involved. No treatment is available to dissolve the crystal deposits. For patients who have acute attacks, the doctor may prescribe non-steroidal anti-inflammatory drugs, which are commonly called NSAIDs. NSAIDs like indomethacin (Indocin) and naproxen (Naprosyn) can treat pain and swelling during severe attacks. People with poor kidney function, who have a history of stomach ulcers and who are on blood thinners often cannot take NSAIDs. To try to prevent further attacks, low doses of colchicine (a medicine used more often for gout) or NSAIDs may prove effective. Other medicines may help some patients during severe attacks of calcium pyrophosphate crystal arthritis or with the less common chronic inflammation that these crystals can cause. These drugs include hydroxychloroquine (Plaquenil, Quineprox), methotrexate (Rheumatrex, Trexall) or an "interleukin 1 beta antagonist" that can decrease inflammation, such as the biologic medicine anakinra (Kineret) which is approved by the government for treatment of arthritis. 3. Keep bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body 4. Get enough rest and Sleep Avoid stress and tension 5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active. 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Chapter 1 PseudoGout Pseudogout (Calcium pyrophosphate dehydrate CPPD) is a joint condition associated with deposition of crystals of CPPD that can cause attacks of arthritis Like gout, crystals form in the joints But in calcium pyrophosphate dehydrate arthritis the crystals are not formed from high uric acid. Calcium pyrophosphate dehydrate arthritis is caused by the deposition of crystals called calcium pyrophosphate dehydrate (CPPD). Introduction Chapter 1 PseudoGout Chapter 2 Causes Chapter 3 Symptoms Chapte

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