

UČINEK DIETE PRI BOLNIKIH S PUTIKO

Špela Matko, dr.med.

Rok Mežnar, dr.med.

Blaž Fujs, dr.med.

DIETA

- Dieta (*diaita, diaitan*): način življenja, voditi, upravljati življenje - režim prehranjevanja z namenom doseganja specifičnega cilja
- Ožje nizko-purinska dieta



PUTIKA

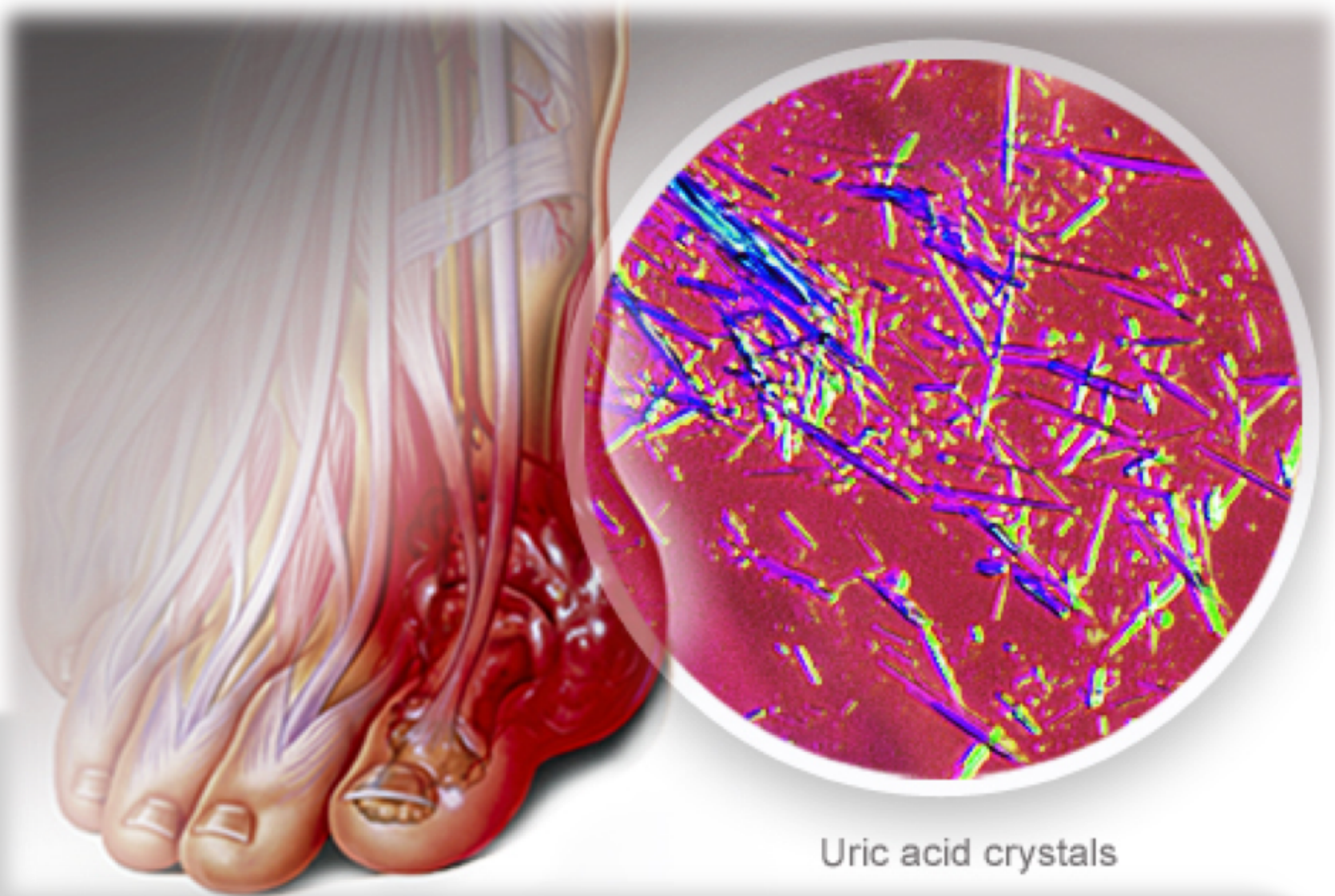
- presnovna bolezen, za katero so značilni ponavljajoči napadi vnetija sklepov ob povišani vrednosti sečne kisline v krvi
- Asimetrični monoartritis, prizadet katerikoli sklep, najpogosteje I.MTP sklep
- Kronična oblika: tofi (ledvice)
- Vrh incidence med 30. in 50. letom, moški







Kristali urata pod polarizacijskim mikroskopom



Uric acid crystals

SMERNICE EULAR (2016)

- Anamneza, klinični pregled, laboratorij (**sečnina**, kreatinin, urat, hmg), mikroskopski dokaz – polarizajska mikroskopija sinovialne tekočine
- Kolhicin (prvih 12 ur po napadu) 1 mg
- NSAID
- Oralni KS (30–35 mg/dan 3–5 dni)
- Intraartikulari KS (ne more p.o., antikoagulant, 1-2 sklepa)
- Ob kontraindikacijah IL-1 blokatorji
- ULT- urate lowering therapy (alopurinol, febuxostat, rasburikaza, peglotikaza)

- **Allopurinol**
- Začetna doza 100 mg/dan
- Postopno titriranje odmerka na 2–5 tednov dokler serumski urat 360 $\mu\text{mol/L}$ max doza 800mg/dan

GENERAL HEALTH, DIET, AND LIFESTYLE MEASURES FOR GOUT PATIENTS#:

Evidence Grades for Recommendations:

Level A: Supported by multiple (ie, more than one) randomized clinical trials or meta-analyses

Level B: Derived from a single randomized trial, or nonrandomized studies.

Level C: Consensus opinion of experts, case studies, or standard-of-care.

- **Weight loss for obese patients, to achieve BMI that promotes general health**
 - **Healthy overall diet [^]**
 - **Exercise (Achieve physical fitness)**
 - **Smoking cessation**
 - **Stay well hydrated**
- C**

Avoid	Limit	Encourage ^{>}
<ul style="list-style-type: none"> • Organ meats high in purine content (eg, sweetbreads, liver, kidney) <p style="text-align: right;">B</p>	<p>Serving Sizes of:</p> <ul style="list-style-type: none"> • Beef, Lamb, Pork • Seafood with high purine content (eg, sardines, shellfish) <p style="text-align: right;">B</p>	<ul style="list-style-type: none"> • Low-fat or non-fat dairy products <p style="text-align: right;">B</p>
<ul style="list-style-type: none"> • High fructose corn syrup-sweetened sodas, other beverages, or foods <p style="text-align: right;">C</p>	<ul style="list-style-type: none"> • Servings of naturally sweet fruit juices • Table sugar, and sweetened beverages and desserts • Table salt, including in sauces and gravies <p style="text-align: right;">C</p>	<ul style="list-style-type: none"> • Vegetables <p style="text-align: right;">C</p>
<ul style="list-style-type: none"> • Alcohol overuse (defined as more than 2 servings per day for a male and 1 serving per day for a female) in all gout patients <p style="text-align: right;">B</p> <ul style="list-style-type: none"> • Any alcohol use in gout during periods of frequent gout attacks, or advanced gout under poor control <p style="text-align: right;">C</p>	<ul style="list-style-type: none"> • Alcohol (particularly beer, but also wine and spirits) in all gout patients <p style="text-align: right;">B</p>	

[^]Without a specific task force panel (TFP) vote, adherence to diets for cardiac health and control of co-morbidities such as obesity, metabolic syndrome, diabetes, hyperlipidemia, and hypertension was stressed for gout patients, as appropriate.

[>] The TFP recommendation to "encourage" intake was not intended to advocate excesses in consumption of specific dietary items. There was a lack of TFP voting consensus on: Cherries and Cherry Products, Ascorbate (In Supplements or Foods), Nuts, Legumes. The TFP did not specifically vote on the question of limits on consumption of purine-rich vegetables and legumes.

PREGLED RELEVANTNIH ČLANKOV IN VIROV

- *2016 updated EULAR evidence-based recommendations for the management of gout*, P Richette, M Doherty, E Pascual, V Barskova F Becce, J Castañeda-Sanabria, M Coyfish, S Guillo, T L Jansen, H Janssens, F Lioté, C Mallen, G Nuki, F Perez-Ruiz, J Pimentao, L Punzi, T Pywell, A So, A K Tausche, T Uhlig, J Zavada, W Zhang, F Tubach, T Bardin
- Effects of diet, physical activity and performance and body weight on incident gout
- Effects of diet, physical activity and performance and body weight on incident gout in ostensibly healthy, vigorously active men
- Dietary supplements for chronic gout
- Affects of coffee consumption on serum uric acid: systematic review and meta-analysis

- Holland, R. and McGill, N.W. Comprehensive dietary education in treated gout patients does not further improve serum urate.
- Dietary Management of Gout: What is the Evidence?Tivya Kulasegaran, MBChB, Nicola Dalbeth, MD

V BRANJE PRIPOROČENI ČLANKI

2016 updated EULAR evidence-based recommendations for the management of gout:

- delovna skupina strokovnjakov številni iz relevantnih področij, sistematični pregled literature, ugotavljajo, da ima dieta majhen učinek na koncentracijo urata, nivo dokazov, ki podpira dieto je nizek (le posamezna mnenja specialistov). Zaradi komorbidnosti priporočena dieta-zdrav način življenja

Effects of diet, physical activity and performance and body weight on incident gout in ostensibly healthy, vigorously active men avtorji ugotavljajo:

- akutni zagon putike manjši pri moških, ki so fizično bolj aktivni, vzdržujejo idealno telesno težo in uživajo veliko sadja in malo mesa in alkohola (brez razlike med posameznimi vrstami alkoholnih pijač).

Comprehensive dietary education in treated gout patients does not further improve serum urate (2014)

- Raziskava na 30 pacientih nad 18 let s stabilnim uratom na ULT, polovica na dieti druga ne, merili serumski urat pri treh in šestih mesecih, ni bilo klinično pomembne razlike

TOREJ...

1. Dieta je del priporočil vodenja putike ampak:

- gre za omejitev vnosa – ne prepoved
- dieta širše kot le nizko-purinska dieta zaradi pomembnega vpliva komorbidnosti na potek bolezni (diabetes, debelost, ...)
- dieta le majhen prispevek k poteku – poudarjamo vpliv ULT

2. Načela diete:

- Omejitev vnosa visoko-purinske hrane živalskega izvora (rastlinskega niso problematični): drobovina, morska hrana
- Omejitev vnosa alkohola (predvsem piva)
- Omejitev vnosa sladkih pijač in s pijač z visoko vsebnostjo fruktoze
- Priporočamo uživanje: zmernih količin kave, češenj (sadja nasploh), mlečnih izdelkov (predvsem posnetih)