

Summary

It is a short work devoted to a disease called gout. The work can be divided into 3 parts. The first part deals with the development of the disease and its treatment. It is also described recent pharmacological treatment of gout and the latest drugs for this disease. Because the work is treated as final in the field of nutrition therapy constitutes a large part of dietary management and diet, which is appropriate to comply with this disease. The work also includes research on disease among patients with gout. These patients were asked about their knowledge of the disease, age, gender and adherence to the diet. The research evaluates whether patients consumed alcoholic beverages. The project also sought individual doctor by profession, in which patients with gout treated. Research data were obtained anonymously from patients at the pharmacy. The research was evaluated using graphs. Results obtained in this research are not very optimistic. Patients have incomplete information. They are usually do not comply with diet. Most patients also admitted to drinking alcoholic beverages. Finally, work is a statement that it would be possible to improve the health status of patients suffering from gout, by following dietary regimen and compliance with the principles of a healthy lifestyle.

Key words: Gout, Nutritional therapy, Nutrition, Diet, Rheumatology