

Erosive Polyarticular Gout is not an Uncommon Entity if Left Untreated

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Gout, a common type of crystal arthropathy, predominantly present with episodic, acute, asymmetric, lower limb predominant arthritis, often starts from the first meta-tarso-phalangeal joint. But polyarticular symmetric hand joint involvement is also commonly found in clinical practice, predominantly in chronic untreated or inadequately treated cases. Here we present clinical images of two gout patients' hands with deforming inflammatory polyarthrits of hand joints, multiple subcutaneous tophi, with few shows chalky like discharge and superficial ulceration. Both patients were old male with chronic disease courses and inadequately treated. Early diagnosis with adequate treatment, life-style modification can prevent this debilitating condition and patients suffering.



Figure 1: Clinical image of gout hand of case 1 - deforming polyarthrits with chunks of tophi over multiple joints. (wrist, proximal interphalangeal, metacarpophalangeal and distal interphalangeal joints).



Figure 2: Clinical image of gout hand of case 2 - significant deforming polyarthritis with multiple tophi and chalky white discharge over joints, few tophi showed superficial necrosis with active chalky like discharge suggesting inflammatory nature of gout.

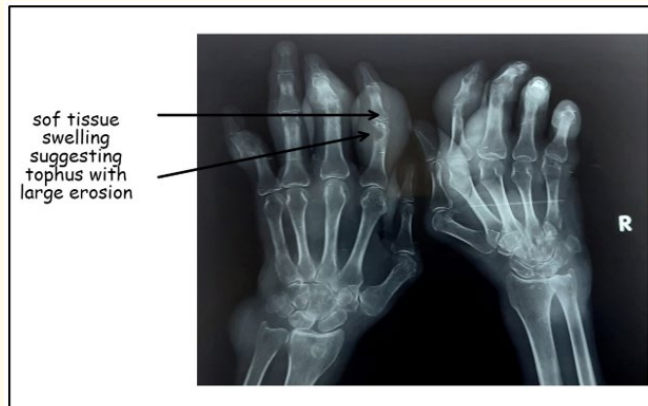


Figure 3: Xray of hand showed soft tissue swelling of tophus with large erosions in proximal interphalangeal joints.