A Typical Presentation of Crystal Arthritis (Gout)

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Clinical Image

Gout is a type of crystal arthritis afflicting middle age group. However, the onset is earlier in men (40-50) than women (60+). There is an abnormality of uric acid metabolism which results in hyperuricaemia and deposition of monosodium urate crystals in the affected joint. The onset of the gout can be acute, chronic or asymptomatic.

Figure 1: Clinical picture showing swelling and redness of left great toe.

A 45 years old female presented in an outpatient clinic with one week history of mild pain over left great toe involving 1st Metatarsophalangeal joint (MTP) of left foot. The pain was gradual in

onset but since one day, pain has suddenly increased to severe intensity with moderate swelling and redness of great toe. The patient denied any trauma or similar history in the past.

Figure 2: AP and oblique view of left foot showing gross destruction of 1st MTP joint.

However, patient's past medical history significant for type 2 diabetes mellitus and renal stones for which she was managed with Oral hypoglycaemics and Narcotics with Diuretic medications.

On examination, she was febrile (38.2°C) and left great toe was swollen, warm and tender to touch.