

## A STUDY ON THE DIETARY HABITS AND RISK FACTORS IN HYPERURICEMIA

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### ABSTRACT

Hyperuricemia is a metabolic disorder marked by an excess of uric acid in the blood, which is the product of a disorder in purine metabolism. Although hyperuricemia is not a disease, if uric acid levels remain high, over time they can lead to several diseases which includes a painful type of arthritis called gout. Elevated uric acid levels are also associated with health conditions such as diabetes, heart disease and kidney disease. A high uric acid level occurs when kidneys do not eliminate uric acid efficiently. These days its prevalence is increasing due to changes in lifestyle. The study aims at assessing the anthropometric indices, food consumption pattern and the influence of risk factors on hyperuricemic subjects.

**Key words :** Hyperuricemia, Uric acid, Purine, Diabetes, Cardiovascular , Kidney disease.

### INTRODUCTION

Hyperuricemia is an elevated uric acid level in the blood stream. This elevated level is the result of increased production, decreased excretion of uric acid or a combination of both processes. The body produces uric acid as a byproduct of the breaking down of purines, which are chemical compounds that are found in certain foods and also made by our body. Hyper uricemia is a common disorder that affects individuals of all ages and gender. Overtime hyperuricemia can lead to more serious conditions such as gout, an increasingly common condition world wide. In addition it is also associated with diabetes, hypertension, metabolic syndrome, kidney and cardiovascular diseases and decrease the overall quality of life.