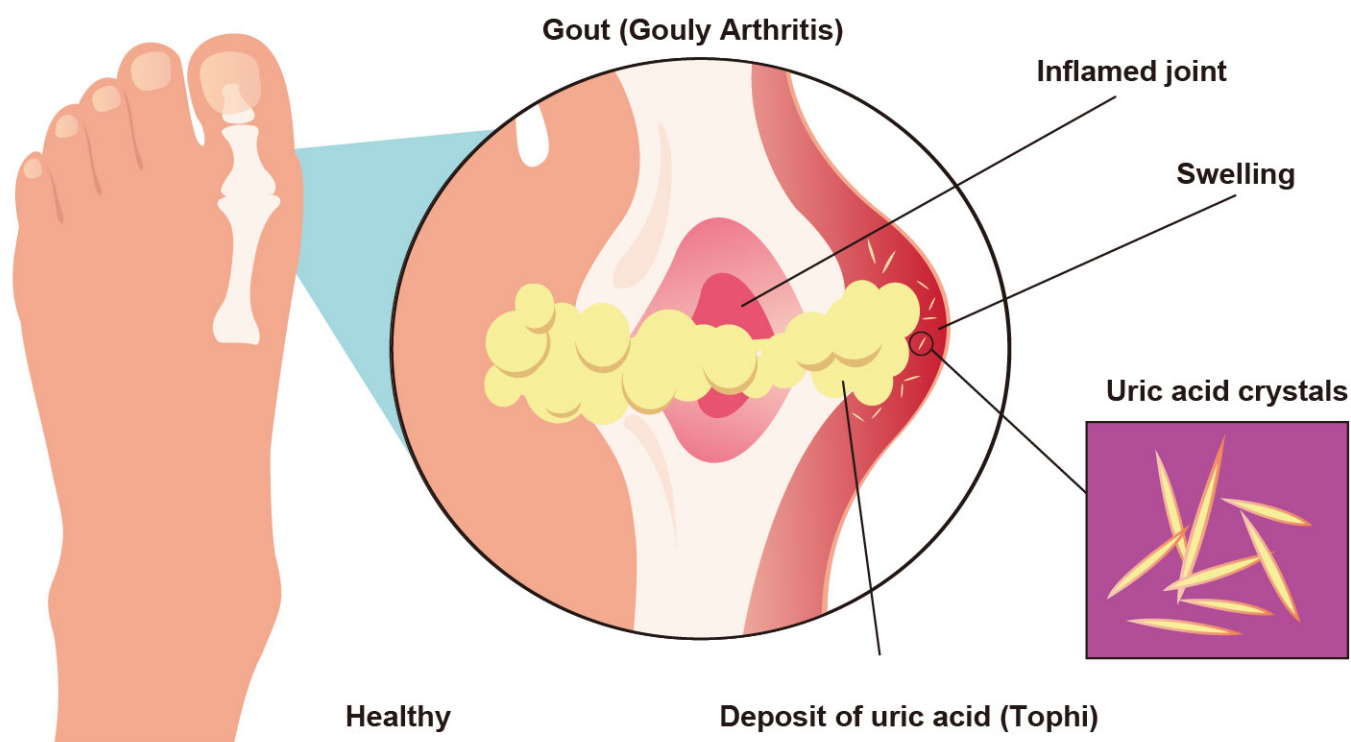




On Call[®] Advisor
Uric acid and Diabetes

The Definition of Uric Acid

Uric acid is a waste product which forms when chemicals called purines break down in the body. Purines are a natural substance found in the body and in many foods such as liver, shellfish, and alcohol. They can also be formed in the body when DNA is broken down. When purines are broken down to uric in the blood, the body gets rid of it by urination or bowel movement.



The Reasons for Testing Uric Acid

A blood uric acid test, also known as a serum uric acid measurement, determines how much uric acid is present in your blood. The test can help determine how well your body produces and removes uric acid.

Most commonly, the test is used to:

- Diagnose and monitor people with gout.
- Monitor people who are undergoing chemotherapy or radiation treatment.
- Check kidney function after an injury.
- Find the cause of kidney stones.
- Diagnose kidney disorders.

What Does Uric Acid Result Mean?

Uric acid concentrations in blood plasma above and below the normal range are known as hyperuricemia and hypouricemia. Hyperuricemia is the major etiological factor of gout, a form of arthritis that causes swelling of the joints, especially in the feet and big toes. Normal blood uric acid concentration should be as follows:

Normal Blood Uric Acid Concentration	
Men	3.4 - 7.0mg/dL (204 - 420µmol/L)
Women	2.4 - 6.0mg/dL (144 - 360µmol/L)
Children	2.0 - 5.5mg/dL (120 - 330µmol/L)

Risk of Diabetes and Kidney Disease

Sometimes, uric acid can build up in the joints and tissues, causing a range of health problems. These include gout, a form of arthritis. Research shows that people with gout are significantly more likely to develop type 2 diabetes and kidney disease than people without gout.

Be sure to talk to your healthcare provider if you are concerned about your uric acid levels, and/or if you start to have any uncertainty.

Ref. :

Harmonisation of Reference Intervals. Pathology Harmony (UK). Archived from the original on 2 August 2013.

Cirillo, P.; Sato, W.; Reungjui, S.; et al. (2006). Uric acid, the metabolic syndrome, and renal disease. J. Am. Soc. Nephrol. 17 (12 Suppl. 3): S165–S168.

McCrudden, Francis H. (2008). Uric Acid. BiblioBazaar

What is Gout: What Causes Gout? MedicalBug. 6 January 2012. Retrieved 13 Aug. 2018.