CLINICAL IMAGES

Lumpy Bumpy Elbows

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This 70 year male, with a past history of hyperuricemia and gout for 20 years, presented with arthralgias of large joints for past few months. He has been taking allopurinol and NSAIDS frequently. Clinical examination revealed ulcero-exudative lesions on his feet with white pultaceous material exuding. There were multiple nodular lesions involving elbow joints and bilaterally on his feet (Figure 1 & 2). Investigations revealed blood urea of 78 mg/dl; serum creatinine, 2.8 mg/dl; serum uric acid, 8.9 mg/dl and 24-hour urinary uric acid of 1300 mg/dl. Other investigations including CBC, LFT, Serum Ca, P, Na⁺, K⁺, muscle enzymes, RF, ANA, dsDNA, and USG abdomen were normal. Patient was managed with feboxat and naproxyn.

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Gout involves joints in form of acute arthritis to deforming arthropathy.¹ The patient may become asymptomatic with normal uric acid levels but the mutilation of joints remains permanent deformity.² From medical education perspective, the students of medicine may be familiar with characteristic physical findings, but this clinical image shows a very peculiar presentations of Gout.

References

1. Gout. University of Washington Orthopaedics & Sports Medicine. 22 Dec. 2004. University of Washington. 9 Oct. 2009 <http://www.orthop.washington.edu/uw/tabID3376/ItemID34/mid10313/Articles/Default.aspx>
2. Questions and Answers About Gout. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Dec. 2006. *National Institutes of Health (NIH)*. 9 Oct. 2009