

A Rare Case of Chronic Tophaceous Gout with Disseminated Cutaneous Tophi And Renal Impairment Pain Management Considerations

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INTRODUCTION: Gout is a metabolic disease that is characterized by the deposition of urate crystals. There are rare occasions where urate deposition occur extensively in the skin, called disseminated cutaneous gout. This type of gout is accompanied with chronic pain that can affect quality of life.

REPORT: A 46-year-old male presented with acute pain in multiple joints. He had a history of gouty arthritis with multiple nodules all over his body. Laboratory value showed elevated uric acid and creatinine. Skin biopsy confirmed tophi formation. We diagnosed the patient with acute flare of chronic tophaceous gout with disseminated cutaneous tophi and renal impairment. Disseminated cutaneous gout is a rare and relatively new entity. Considering kidney safety, the initial aim of treatment is to settle the symptoms of an acute attack with steroid, while options for prevention include allopurinol and colchicine. The long term management is to reach and maintain serum uric acid at subsaturating levels without further damaging the kidney. We gave methylprednisolone, colchicine and allopurinol and the patient showed dramatic improvement.

CONCLUSION: This case is a rare presentation of gout that involve cutaneous, joint and renal manifestations. Treating pain in this patient should be done very carefully as to not worsen his renal function while controlling the urate deposition and minimize acute pain episodes.