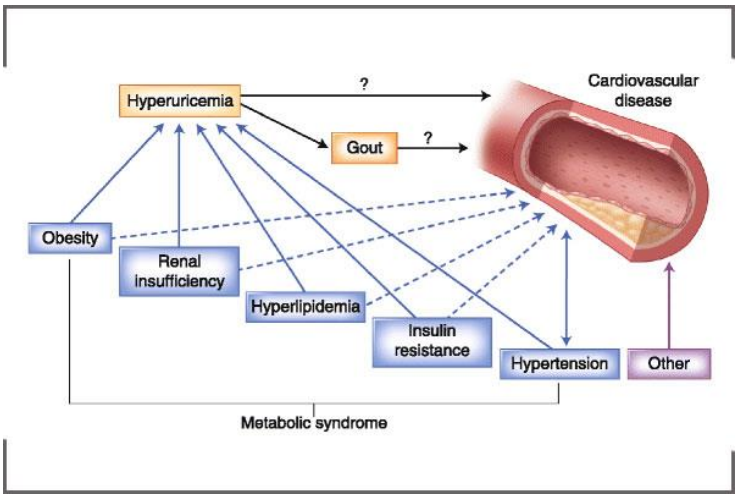
## Senior Cardiologist in Kolkata




## Hyperuricemia and Cardiovascular Disease

**Hyperuricemia refers to an elevated level of uric acid in the blood. It is commonly defined as a serum uric acid level greater than 7.0 mg/dL in men and 6.0 mg/dL in women. High uric acid levels are associated with several cardiovascular conditions, including:**

Hypertension (high blood pressure)

Coronary artery disease

Heart failure (including worsening of existing heart failure)

Cardiac arrhythmias (abnormal heart rhythms)

Although hyperuricemia is associated with these conditions, it is not always clear whether uric acid directly causes them or serves as a marker of increased cardiovascular risk.

Treatment is usually considered for patients with gout, kidney stones, very high uric acid levels, or certain high-risk situations. Many clinicians consider drug therapy when uric acid levels are persistently elevated (often above 8–9 mg/dL), though recommendations vary depending on symptoms and overall health status.

### Lifestyle measures should be tried first and include:

Drinking adequate water regularly

Limiting or avoiding red meat and organ meats

Reducing intake of seafood high in purines (such as sardines and shellfish)

Avoiding excessive alcohol, especially beer and spirits

Maintaining a healthy body weight

Limiting sugary beverages and foods containing high-fructose corn syrup

These measures can help lower uric acid levels and may reduce the risk of gout and cardiovascular complications.

**Note: Treatment decisions should be individualized and guided by a healthcare professional based on symptoms, uric acid levels, kidney function, and cardiovascular risk factors.**