

ABSTRACT

Gout Arthritis in Indonesia occupies the second rank after Osteoarthritis (OA) rheumatic disease. According to the data at Haji Public Hospital Surabaya in 2009, *gout arthritis* has the greatest number of patients than the other rheumatoid diseases. The aim of this research is to learn about the dietary history, the frequency of purine containing food's consumption and the levels of blood uric acid in people with *gout arthritis*, and to learn about the correlation between gender and dietary history toward blood uric acid levels.

This study was a descriptive observational research with *cross sectional* design. While for the population was all of *gout arthritis*'s patients in Haji Public Hospital Surabaya with 20 patients as sample which selected by doing accidental sampling.

The most respondent's age was in a range between 51-60 years old, mostly they were male with their basic education graduated from level of bachelor degree and worked as civil servants. 75% of respondents had dietary history trigger gout. Nuts (20%) with twice a week frequency and once a month frequency of avocado (25%) were purine sources which often be consumed, while for shrimps (40%) and crabs (30%) consumed in once a month. Beer, wine, and *tuak* were never be consumed, but for *tape* and *brem* consumed by 10% of respondents once a month. Duck meat and *tape* still consumed daily in once per day. *Gout arthritis*'s patients had 70% of an excessive uric acid levels (hiperurisemia). About 72.7% of male respondents were suffered from this. About 80% of respondents, who had dietary history trigger *gout arthritis*, suffer from hiperurisemia.

Dietary which cause the emergence of *gout arthritis* has high risk to occurring hiperurisemia. The importance of keeping the system of diet earlier should be understood to avoid those diseases; especially consumption of purine containing food in order to blood uric acid level will not be excessive.

Key words: dietary history, consumption of purine containing food, blood uric acid levels, gout arthritis