

Gota Tofácea Crónica como Manifestação Inicial de Gota

Chronic Tophaceous Gout as the Initial Manifestation of Gout

Catarina Benvinda Ferreira¹, Patrícia Ferrão², Carolina Restrepo²

Autor Correspondente/Corresponding Author:

Catarina Ferreira [cbaf@edu.ulisboa.pt]

ORCID: <https://orcid.org/0009-0009-9579-0474>

Medicina Geral e Familiar, Unidade Local de Saúde Estuário do Tejo,

Unidade de Saúde Familiar Lusitano

Av. Eng. Adriano Brito da Conceição, 6, 2630-243 Arruda dos Vinhos

DOI: <https://doi.org/10.29315/gm.911>

PALAVRAS-CHAVE: Artrite Gotosa/diagnóstico; Doença Crónica; Gota/diagnóstico

KEYWORDS: Arthritis, Gouty/diagnosis; Chronic Disease; Gout/diagnosis

A 70-year-old man with a history of hypertension and regular alcohol intake presented to the primary care with a 10-year history of marked deformation of both hands. Physical examination revealed multiple tophaceous deposits in both hands, some with signs of previous spontaneous drainage. The patient denied pain, previous acute gout flares and did not show involvement of other joints. Analytically, serum uric acid of 6.8 mg/dL. The patient initiated medical treatment. Surgical treatment was postponed since the patient feared loss of function and did not present significant limitation in his daily life activities.

Chronic tophaceous gout is a late clinical presentation of gout. The presence of these lesions in the absence of acute gout flares is uncommon, although such cases have been reported.^{1,2} This presentation is more likely in older or female patients, with predominant or exclusive

involvement of the fingers, with chronic kidney disease or treated with anti-inflammatory or diuretics.^{1,2}



FIGURE 1. Deforming gouty arthritis and multiple tophaceous deposits in both hands.

1. Medicina Geral e Familiar, Unidade Local de Saúde Estuário do Tejo, Unidade de Saúde Familiar Lusitano. 2. Medicina Geral e Familiar, Unidade Local de Saúde Estuário do Tejo, Unidade de Saúde Familiar Villa Longa, Vila Franca de Xira, Portugal.

Recebido/Received: 2024-05-21. Aceite/Accepted: 2025-10-02. Publicado online/Published online: 2025-11-04.

© Author(s) (or their employer(s)) and Gazeta Médica 2025. Re-use permitted under CC BY-NC 4.0. No commercial re-use.

© Autor (es) (ou seu (s) empregador (es)) e Gazeta Médica 2025. Reutilização permitida de acordo com CC BY-NC 4.0. Nenhuma reutilização comercial

DECLARAÇÃO DE CONTRIBUIÇÃO /CONTRIBUTORSHIP STATEMENT

CBF - História Clínica e elaboração do manuscrito

PF - História Clínica e imagem

CR - Revisão crítica e análise do manuscrito

Todos autores aprovaram a versão final a ser publicada

CBF - Clinical history and manuscript preparation

PF - Clinical history and imaging

CR - Critical review and analysis of the manuscript

All authors approved the final version to be published

RESPONSABILIDADES ÉTICAS

CONFLITOS DE INTERESSE: Os autores declaram a inexistência de conflitos de interesse na realização do presente trabalho.

FONTES DE FINANCIAMENTO: Não existiram fontes externas de financiamento para a realização deste artigo.

CONFIDENCIALIDADE DOS DADOS: Os autores declaram ter seguido os protocolos da sua instituição acerca da publicação dos dados de doentes.

CONSENTIMENTO: Consentimento do doente para publicação obtido.

PROVENIÊNCIA E REVISÃO POR PARES: Não comissionado; revisão externa por pares

ETHICAL DISCLOSURES

CONFLICTS OF INTEREST: The authors have no conflicts of interest to declare.

FINANCING SUPPORT: This work has not received any contribution, grant or scholarship.

CONFIDENTIALITY OF DATA: The authors declare that they have followed the protocols of their work center on the publication of data from patients.

PATIENT CONSENT: Consent for publication was obtained.

PROVENANCE AND PEER REVIEW: Not commissioned; externally peer reviewed

REFERÊNCIAS

1. Bieber A, Schlesinger N, Fawaz A, Mader R. Chronic tophaceous gout as the first manifestation of gout in two cases and a review of the literature. *Semin Arthritis Rheum*. 2018;47:843-8. doi: 10.1016/j.semarthrit.2017.11.006.
2. Wernick R, Winkler C, Campbell S. Tophi as the initial manifestation of gout. Report of six cases and review of the literature. *Arch Intern Med*. 1992;152:873-6.