

Chronic Tophaceous Gout as the Initial Manifestation of Gout

Gota Tofácea Crónica como Manifestação Inicial de Gota

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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.

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