Gout-Cha!
GOUT MONITORING REPORT

PATIENT
Robert
patient.demo@cagoutte.app
61 y/o · male · 84 kg · 176 cm
Current treatments: Allopurinol 100 mg, Colchicine 0.5 mg (as needed)

PERIOD
22 September 2026
→ 22 October 2026

EXPORTED
22 October 2026

TARGETS: < 400 mg purines / day · ≥ 2.0 L / day

1. Clinical summary

Over 30 tracked day(s), average intake of **394 mg** purines per day, **in the intermediate zone** (400 mg). 9 day(s) over threshold (30%). Highest day: **28/09/2026** at 843 mg. Average hydration **2.0 L/day**, target met (2.0 L target), 30% of days at target. 3 flare(s) reported, average intensity 6.0/10, mainly **Left ankle**.

AVG. PURINES / DAY	DAYS > 400 MG	AVG. HYDRATION / DAY
394 mg	**9** / 30 30%	**2.0 L** 30% ≥ 2.0 L

FLARES	MOST AFFECTED JOINT	TOTAL FLARE-DAYS
3 Avg. intensity : 6.0/10	**Left ankle** 2 flare(s)	**9 days**

2. Daily totals (purines)

Total purines per day. Clinical threshold 400 mg / day.

DATE	PURINES / DAY	FOODS	STATUS
Thu, 22 Oct 26	157 mg	2	✓ OK
Wed, 21 Oct 26	758 mg	4	⚠ > threshold
Tue, 20 Oct 26	230 mg	4	✓ OK
Mon, 19 Oct 26	319 mg	5	✓ OK
Sun, 18 Oct 26	843 mg	5	⚠ > threshold
Sat, 17 Oct 26	247 mg	4	✓ OK
Fri, 16 Oct 26	566 mg	4	⚠ > threshold
Thu, 15 Oct 26	216 mg	4	✓ OK
Wed, 14 Oct 26	132 mg	2	✓ OK
Tue, 13 Oct 26	368 mg	4	✓ OK
Mon, 12 Oct 26	312 mg	4	✓ OK
Sun, 11 Oct 26	758 mg	4	⚠ > threshold
Sat, 10 Oct 26	230 mg	4	✓ OK

DATE	PURINES / DAY	FOODS	STATUS
Fri, 09 Oct 26	319 mg	5	✓ OK
Thu, 08 Oct 26	843 mg	5	⚠ > threshold
Wed, 07 Oct 26	247 mg	4	✓ OK
Tue, 06 Oct 26	566 mg	4	⚠ > threshold
Mon, 05 Oct 26	216 mg	4	✓ OK
Sun, 04 Oct 26	132 mg	2	✓ OK
Sat, 03 Oct 26	368 mg	4	✓ OK
Fri, 02 Oct 26	312 mg	4	✓ OK
Thu, 01 Oct 26	758 mg	4	⚠ > threshold
Wed, 30 Sept 26	230 mg	4	✓ OK
Tue, 29 Sept 26	319 mg	5	✓ OK
Mon, 28 Sept 26	843 mg	5	⚠ > threshold
Sun, 27 Sept 26	247 mg	4	✓ OK
Sat, 26 Sept 26	566 mg	4	⚠ > threshold
Fri, 25 Sept 26	216 mg	4	✓ OK
Thu, 24 Sept 26	132 mg	2	✓ OK
Wed, 23 Sept 26	368 mg	4	✓ OK

3. Detailed food journal

DATE	TIME	FOOD	CATEGORY	G	MG
23/09/26	20:00	Boiled eggs, green salad	Eggs	200	60
23/09/26	16:00	Madeleine	Snacks	30	5
23/09/26	12:30	Beef bourguignon, steamed potatoes	Beef	380	295
23/09/26	07:45	Bread, jam, butter	Breakfast	120	8
24/09/26	13:00	Chicken salad sandwich	AI-composed meals	280	130
24/09/26	08:00	Black coffee	Drinks	100	2
25/09/26	21:00	Plain yogurt	Dairy	125	8
25/09/26	19:30	Pumpkin soup, croutons	Soup	350	35
25/09/26	12:45	Cod, quinoa, broccoli	Fish	380	145
25/09/26	07:30	Porridge, berries	Breakfast	280	28
26/09/26	20:30	Glass of sake	Drinks	100	6
26/09/26	20:00	Pork ramen with egg	AI-composed meals	450	295
26/09/26	13:00	Mixed sushi (12 pieces)	Fish	320	245
26/09/26	08:00	Cereal bowl with milk	Breakfast	250	20
27/09/26	19:30	Grilled sea bream, ratatouille	Fish	380	155
27/09/26	16:00	Almonds	Snacks	30	12
27/09/26	12:30	Greek salad (feta, olives, cucumber)	Salad	320	55
27/09/26	07:45	Banana-strawberry smoothie	Breakfast	300	25
28/09/26	21:15	Dry sausage	Cured meats	60	95
28/09/26	19:30	Glass of red wine	Drinks	150	8
28/09/26	19:00	Canned sardines, tomatoes	Fish	220	360
28/09/26	13:00	Chorizo pizza	Cured meats	420	285
28/09/26	08:30	Buttered bread, ham	Cured meats	150	95
29/09/26	21:00	Square of dark chocolate	Snacks	20	6
29/09/26	19:45	Minestrone soup, bread	Soup	350	75
29/09/26	16:30	Banana	Fruits	130	8
29/09/26	12:45	Roast turkey, lentils	Poultry	380	220
29/09/26	07:30	Coffee, croissant	Breakfast	80	10
30/09/26	20:00	Mushroom omelette, green salad	Eggs	280	105
30/09/26	16:00	Greek yogurt, honey	Dairy	150	12

DATE	TIME	FOOD	CATEGORY	G	MG
30/09/26	12:30	Pesto pasta, parmesan	Pasta	350	95
30/09/26	07:45	Whole-grain bread, cottage cheese	Breakfast	200	18
01/10/26	19:30	Beer (33 cl)	Drinks	330	35
01/10/26	19:00	Pan-fried veal liver	Offal	180	410
01/10/26	13:00	Beef burger, fries	Beef	420	285
01/10/26	08:00	Scrambled eggs, bread	Breakfast	180	28
02/10/26	19:30	Steamed cod, rice, zucchini	Fish	380	145
02/10/26	16:15	Apple	Fruits	150	10
02/10/26	12:45	Grilled chicken salad	Poultry	320	135
02/10/26	07:30	Plain yogurt + oatmeal	Breakfast	220	22
03/10/26	20:00	Boiled eggs, green salad	Eggs	200	60
03/10/26	16:00	Madeleine	Snacks	30	5
03/10/26	12:30	Beef bourguignon, steamed potatoes	Beef	380	295
03/10/26	07:45	Bread, jam, butter	Breakfast	120	8
04/10/26	13:00	Chicken salad sandwich	AI-composed meals	280	130
04/10/26	08:00	Black coffee	Drinks	100	2
05/10/26	21:00	Plain yogurt	Dairy	125	8
05/10/26	19:30	Pumpkin soup, croutons	Soup	350	35
05/10/26	12:45	Cod, quinoa, broccoli	Fish	380	145
05/10/26	07:30	Porridge, berries	Breakfast	280	28
06/10/26	20:30	Glass of sake	Drinks	100	6
06/10/26	20:00	Pork ramen with egg	AI-composed meals	450	295
06/10/26	13:00	Mixed sushi (12 pieces)	Fish	320	245
06/10/26	08:00	Cereal bowl with milk	Breakfast	250	20
07/10/26	19:30	Grilled sea bream, ratatouille	Fish	380	155
07/10/26	16:00	Almonds	Snacks	30	12
07/10/26	12:30	Greek salad (feta, olives, cucumber)	Salad	320	55
07/10/26	07:45	Banana-strawberry smoothie	Breakfast	300	25
08/10/26	21:15	Dry sausage	Cured meats	60	95
08/10/26	19:30	Glass of red wine	Drinks	150	8
08/10/26	19:00	Canned sardines, tomatoes	Fish	220	360
08/10/26	13:00	Chorizo pizza	Cured meats	420	285

DATE	TIME	FOOD	CATEGORY	G	MG
08/10/26	08:30	Buttered bread, ham	Cured meats	150	95
09/10/26	21:00	Square of dark chocolate	Snacks	20	6
09/10/26	19:45	Minestrone soup, bread	Soup	350	75
09/10/26	16:30	Banana	Fruits	130	8
09/10/26	12:45	Roast turkey, lentils	Poultry	380	220
09/10/26	07:30	Coffee, croissant	Breakfast	80	10
10/10/26	20:00	Mushroom omelette, green salad	Eggs	280	105
10/10/26	16:00	Greek yogurt, honey	Dairy	150	12
10/10/26	12:30	Pesto pasta, parmesan	Pasta	350	95
10/10/26	07:45	Whole-grain bread, cottage cheese	Breakfast	200	18
11/10/26	19:30	Beer (33 cl)	Drinks	330	35
11/10/26	19:00	Pan-fried veal liver	Offal	180	410
11/10/26	13:00	Beef burger, fries	Beef	420	285
11/10/26	08:00	Scrambled eggs, bread	Breakfast	180	28
12/10/26	19:30	Steamed cod, rice, zucchini	Fish	380	145
12/10/26	16:15	Apple	Fruits	150	10
12/10/26	12:45	Grilled chicken salad	Poultry	320	135
12/10/26	07:30	Plain yogurt + oatmeal	Breakfast	220	22
13/10/26	20:00	Boiled eggs, green salad	Eggs	200	60
13/10/26	16:00	Madeleine	Snacks	30	5
13/10/26	12:30	Beef bourguignon, steamed potatoes	Beef	380	295
13/10/26	07:45	Bread, jam, butter	Breakfast	120	8
14/10/26	13:00	Chicken salad sandwich	AI-composed meals	280	130
14/10/26	08:00	Black coffee	Drinks	100	2
15/10/26	21:00	Plain yogurt	Dairy	125	8
15/10/26	19:30	Pumpkin soup, croutons	Soup	350	35
15/10/26	12:45	Cod, quinoa, broccoli	Fish	380	145
15/10/26	07:30	Porridge, berries	Breakfast	280	28
16/10/26	20:30	Glass of sake	Drinks	100	6
16/10/26	20:00	Pork ramen with egg	AI-composed meals	450	295
16/10/26	13:00	Mixed sushi (12 pieces)	Fish	320	245
16/10/26	08:00	Cereal bowl with milk	Breakfast	250	20

DATE	TIME	FOOD	CATEGORY	G	MG
17/10/26	19:30	Grilled sea bream, ratatouille	Fish	380	155
17/10/26	16:00	Almonds	Snacks	30	12
17/10/26	12:30	Greek salad (feta, olives, cucumber)	Salad	320	55
17/10/26	07:45	Banana-strawberry smoothie	Breakfast	300	25
18/10/26	21:15	Dry sausage	Cured meats	60	95
18/10/26	19:30	Glass of red wine	Drinks	150	8
18/10/26	19:00	Canned sardines, tomatoes	Fish	220	360
18/10/26	13:00	Chorizo pizza	Cured meats	420	285
18/10/26	08:30	Buttered bread, ham	Cured meats	150	95
19/10/26	21:00	Square of dark chocolate	Snacks	20	6
19/10/26	19:45	Minestrone soup, bread	Soup	350	75
19/10/26	16:30	Banana	Fruits	130	8
19/10/26	12:45	Roast turkey, lentils	Poultry	380	220
19/10/26	07:30	Coffee, croissant	Breakfast	80	10
20/10/26	20:00	Mushroom omelette, green salad	Eggs	280	105
20/10/26	16:00	Greek yogurt, honey	Dairy	150	12
20/10/26	12:30	Pesto pasta, parmesan	Pasta	350	95
20/10/26	07:45	Whole-grain bread, cottage cheese	Breakfast	200	18
21/10/26	19:30	Beer (33 cl)	Drinks	330	35
21/10/26	19:00	Pan-fried veal liver	Offal	180	410
21/10/26	13:00	Beef burger, fries	Beef	420	285
21/10/26	08:00	Scrambled eggs, bread	Breakfast	180	28
22/10/26	12:45	Grilled chicken salad	Poultry	320	135
22/10/26	07:30	Plain yogurt + oatmeal	Breakfast	220	22

4. Hydration

DATE	CONSUMED (L)	GOAL	% REACHED	STATUS
2026-09-22	2.0	2.5	80%	⚠ < threshold
2026-09-23	1.1	2.5	44%	⚠ < threshold
2026-09-24	2.8	2.5	112%	✓ OK
2026-09-25	1.7	2.5	68%	⚠ < threshold
2026-09-26	2.5	2.5	100%	✓ OK

DATE	CONSUMED (L)	GOAL	% REACHED	STATUS
2026-09-27	1.3	2.5	52%	⚠ < threshold
2026-09-28	2.1	2.5	84%	⚠ < threshold
2026-09-29	2.6	2.5	104%	✓ OK
2026-09-30	1.5	2.5	60%	⚠ < threshold
2026-10-01	2.4	2.5	96%	⚠ < threshold
2026-10-02	2.0	2.5	80%	⚠ < threshold
2026-10-03	1.1	2.5	44%	⚠ < threshold
2026-10-04	2.8	2.5	112%	✓ OK
2026-10-05	1.7	2.5	68%	⚠ < threshold
2026-10-06	2.5	2.5	100%	✓ OK
2026-10-07	1.3	2.5	52%	⚠ < threshold
2026-10-08	2.1	2.5	84%	⚠ < threshold
2026-10-09	2.6	2.5	104%	✓ OK
2026-10-10	1.5	2.5	60%	⚠ < threshold
2026-10-11	2.4	2.5	96%	⚠ < threshold
2026-10-12	2.0	2.5	80%	⚠ < threshold
2026-10-13	1.1	2.5	44%	⚠ < threshold
2026-10-14	2.8	2.5	112%	✓ OK
2026-10-15	1.7	2.5	68%	⚠ < threshold
2026-10-16	2.5	2.5	100%	✓ OK
2026-10-17	1.3	2.5	52%	⚠ < threshold
2026-10-18	2.1	2.5	84%	⚠ < threshold
2026-10-19	2.6	2.5	104%	✓ OK
2026-10-20	1.5	2.5	60%	⚠ < threshold
2026-10-21	2.4	2.5	96%	⚠ < threshold

5. Gout flares

DATE	INTENSITY	JOINT(S)	TRIGGERS	DURATION	PATIENT NOTES
21 October 2026	4/10	Right big toe	Heavy meal, Holiday	Ongoing	*“Pain woke me up this morning, moderate. Ice + rest.”*
11 October 2026	6/10	Left ankle	Stress, Fatigue	4 days	*“Flare came after a very busy week. Started Colchicine on day one.”*

DATE	INTENSITY	JOINT(S)	TRIGGERS	DURATION	PATIENT NOTES
27 September 2026	8/10	Left big toe, Left ankle	Alcohol, Cured meats, Festive evening	5 days	*"Severe flare after raclette + beers. Woke up at 3am, couldn't bear weight. Gradual relief on Colchicine + NSAIDs."*

6. Medications & adherence

MEDICATION	DOSE	TAKEN	EXPECTED	ADHERENCE
Allopurinol	100 mg · 1 tab	26	30	87%
Colchicine	500 mg · 1 tab	11	—	—

7. Blood tests

Serum uric acid and ancillary markers entered by the patient.

Therapeutic target (EULAR): < 6.0 mg/dL = < 60 mg/L = < 360 µmol/L.

DATE	URIC ACID (MMOL/L)	CREATININE (MG/DL)	EGFR (ML/MIN)	CRP (MG/L)	LABORATORY
20 October 2026	**345**	0.92	96	2.1	SYNLAB
Notes: "On Allopurinol 100 mg for 6 months — target reached."					

8. Weight tracking

Weight loss is recommended when overweight (ACR 2020), but rapid loss can trigger a flare (ketosis → urate retention). The rate matters as much as the value.

LATEST WEIGH-IN
84 kg

TREND (28 D)
-0.3 kg/sem

SINCE FIRST WEIGH-IN
−1.1 kg

DATE	WEIGHT (KG)	CHANGE
24/09/2026	85.1	—
01/10/2026	84.8	-0.3
08/10/2026	84.9	+0.1
15/10/2026	84.4	-0.5
22/10/2026	84	-0.4

9. Clinical recommendations

Recommendations based on logged data:

- Reduce purine intake: limit organ meats, sardines, anchovies, processed meat. Favor white fish, white poultry, eggs, moderate legumes.
- Discuss long-term **urate-lowering therapy** (allopurinol, febuxostat) given flare frequency.
- Measure **serum uric acid** (target < 360 µmol/L, or < 300 if tophi / arthropathy).
- Limit **alcohol** (especially beer and spirits) and **fructose** (sodas, HFCS syrups).