

TAKING A STAND ON GOUT

Insights from a Pillar

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June 29, 2024 – Dr. Tito Torralba, a leading figure in rheumatology, delivered an insightful lecture titled “Gout: Management, ATBP.” This highly anticipated event attracted a diverse audience of general practitioners, family physicians, internists, and rheumatologists, including both trainees and seasoned consultants from across the country.

A Historical and Clinical Perspective

Dr. Torralba’s lecture began with a deep dive into the history of gout, tracing its evolution from early management strategies to modern advancements.

He shared clinical vignettes that highlighted the human aspects of gout, providing a compelling narrative of the condition’s impact on patients’ lives. These stories helped illustrate the complexities of gout and the progress made in its treatment.


UNIVERSITY OF SANTO TOMAS HOSPITAL
Department of Internal Medicine
Section of Rheumatology

**GOUT:
MANAGEMENT
ATBP.**

Take a stand on GOUT

Professor Emeritus Tito Torralba, MD
IM-Rheumatologist
Speaker

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JUNE 29, 2024 | 8:00AM
VIA ZOOM

...GOUT



A Comprehensive Overview

As a renowned expert in rheumatology, Dr. Torralba offered a thorough review of current gout management practices. His presentation not only covered traditional approaches but also integrated the latest research and treatment options. The lecture was designed to be relevant for both experienced practitioners and newcomers, ensuring that all attendees could benefit from his expertise.

Inspiring and Educating

Dr. Torralba's commitment to advancing rheumatology and enhancing patient care was evident throughout the lecture. His discussion reinforced the importance of staying current with advancements in gout management and emphasized the critical role healthcare providers play in improving patient outcomes.



Rheumatology fellows, Dr. Lyndon Llamado and Dr. Julie Li-Yu with the Dr. Tito Torralba.

- Gout is among the oldest recognized diseases.
- With a history spanning more than 2500 years,
 - Gout continues to interest physicians more than 11 centuries after its first mention in the Bible.
 - 2000 years after the first description in the Babylonian Talmud.
 - 400 years after Sydenham's classic description in 1683.

Adapted from Rosner 1903.

A Lasting Impact

The event was more than just an educational session; it was an opportunity for attendees to gain new insights and strategies for managing gout effectively. Dr. Torralba's passion and dedication left a lasting impression, inspiring participants to approach their practice with renewed vigor and commitment to patient-centered care.

As a listener, the lecture made a meaningful impact on how I will deal with patients eventually. It basically created a roadmap particularly highlighting the 'treat to target' approach to manage patients. Attendees gained valuable insights, practical strategies, and a clear framework for improving patient care. Dr. Torralba's leadership continues to inspire the next generation of rheumatologists and healthcare professionals, reinforcing the importance of this approach in clinical practice.

The cornerstone of management is the long-term life-long reduction of serum urate levels to the healthy benchmark of ≤ 6 mg/dl (the "hard-target").

- the T2T subsaturating level which depletes/dissolves/prevents new crystal formation.