

# ABSTRACT

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**Title:** Dietary measures in hyperuricemia and arthritis urica from the patient's point of view

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The bachelor's thesis discusses the issue of adherence to dietary measures by patients suffering from gout and hyperuricemia.

The theoretical part of the thesis deals with the characteristics of gouty arthritis, its etiology and pathogenesis, clinical picture, diagnostics and pharmacological and non-pharmacological treatment. Associated diseases commonly linked with gout are also described in this section. The next part is devoted to dietary measures that are recommended for this disease, individual types of diets and specific suitable and unsuitable foods.

The empirical part of the work is based on a quantitative research study, which was conducted through a non-standardized questionnaire. The main objective of the research was to assess the influence of individual factors on adherence to dietary measures.