



# HIP PAIN

Pain, bruising or swelling in the hip

## CAUSES

### ARTHRITIS

See page 124.

### BURSITIS

See page 53.

### FRACTURE

The hipbone is relatively easy to break and the risk of fracture is greatly increased in older people and those with weak bones. Emergency help must be sought immediately.

#### Symptoms:

- Pain in the hip area
- Broken or deformed hipbone

#### DO:

- Seek help if you suspect that your hipbone has been fractured.

#### DON'T:

- Don't put undue stress or pressure on your hip. Stay still, relax or lie down immediately.

### INJURY

A fall or hard blow to the hip area may cause pain, swelling or bruising. If the pain is not severe, this may be treated at home.

#### Symptoms:

- Pain in the hip area
- Bruising
- Swelling



*The hipbone is vulnerable to breaking and fractures, particularly for elderly people. Avoid undue stress or pressure on your hip.*

#### DO:

- Apply a hot compress to the affected area.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.
- Maintain a healthy weight.

#### DON'T:

- Don't massage the hip if it is bruised.
- Don't over-exert yourself with physical activity as long as the hip is still painful. Get some rest.



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### CAUSES

#### PINCHED NERVE

People who suffer from a pinched nerve in the hip area experience pain in one side of their hip that extends down to the leg. Numbness and tingling in the leg may also be felt.

#### Symptoms:

- Pain in the hip area, extending to the leg
- Numbness, tingling in the leg

#### DO:

- Rest until the pain has lessened.
- Apply heat to the affected joints to ease pain.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.
- Maintain a healthy weight.
- Seek help for treatment of the pinched nerve.

#### DON'T:

- Don't apply pressure to the hip or over-exert it with activity if it is still painful. Give yourself time to rest.

## HIVES

Raised, itching patches or bumps on the skin

#### ALLERGIC REACTION

Hives are usually an allergic reaction to something inhaled, touched, or ingested. When the body is having this kind of a reaction, a chemical called *histamine* is produced, and this causes hives to appear on the skin. Allergies are commonly triggered by dust, pollen, chocolate, bug bites, eggs, dairy products, shellfish and certain medications.

#### Symptoms:

- Raised, itching patches or bumps on the skin
- Sneezing, in some cases
- Runny nose, in some cases

#### DO:

- Try over the counter anti-histamines (anti-allergy medicine).
- Take a cool shower to help relieve the allergic reactions.
- Take note of the types of food that may be causing the allergic reactions and minimize your intake of them.
- Wear lightweight and loose clothing.
- Seek help if your symptoms are severe. Difficulty in breathing and hives may, in rare cases, be an indication of a more serious allergic reaction called *anaphylaxis*.

#### DON'T:

- Don't scratch the hives. This may lead to infection or scarring.