



HIP PAIN

Pain, bruising or swelling in the hip

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.