

HIP PAIN

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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:

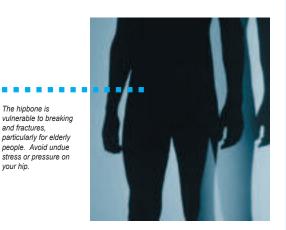
• Don't put undue stress or pressure on your hip. Stay still, relax or lie down immediately.

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



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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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.

ALLERGIC REACTION

HIVES

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.

Raised, itching patches or bumps on the skin

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.

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