Meralgia Paresthetica Disease

Meralgia paresthetica (MP) is a disorder characterized by tingling, numbness, and burning pain in the outer side of the thigh. The disorder is caused by squeezing (*compression*) of a nerve in the thigh. It occurs in men more than women. MP is generally found in middle-aged or overweight people. People with the disorder often report that it appears or worsens after walking or standing. The skin may be sensitive to touch. MP may be associated with tight clothing, pregnancy, diabetes, and obesity.

TREATMENT

Treatment for MP is based on your symptoms and supportive care. Treatment usually involves wearing looser clothing, weight loss, and avoiding prolonged standing or walking. Your caregiver will prescribe a medication for you. In very few cases in which pain is persistent or severe, surgery may be needed. Sometimes, the disorder may disappear all of a sudden.

WHAT WILL HAPPEN

MP usually eases or disappears after treatment. Surgery is not always fully successful.

Research is being done to learn more about this problem.

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