



## *The Medical **Bulletin***

### **In Neurology**

#### ***Meralgia Paresthetica***

Meralgia paresthetica is an entrapment neuropathy where the lateral femoral cutaneous nerve is compressed beneath the inguinal ligament. Usually no cause is identifiable. Pregnancy and obesity are predisposing factors. Patients report pain and sensory loss over the lateral thigh. It is a pure sensory neuropathy. Nerve conduction studies of the lateral femoral cutaneous nerve may establish the diagnosis. Management strategies include membrane stabilizing agent like Gabapentin and Pregabalin as well as tricyclic antidepressants which result in effective control of neuropathic pain in the majority. Patient's not responding to these conservative measures may be treated with a local nerve block. Rarely surgical measures are employed but data regarding the same is lacking.

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