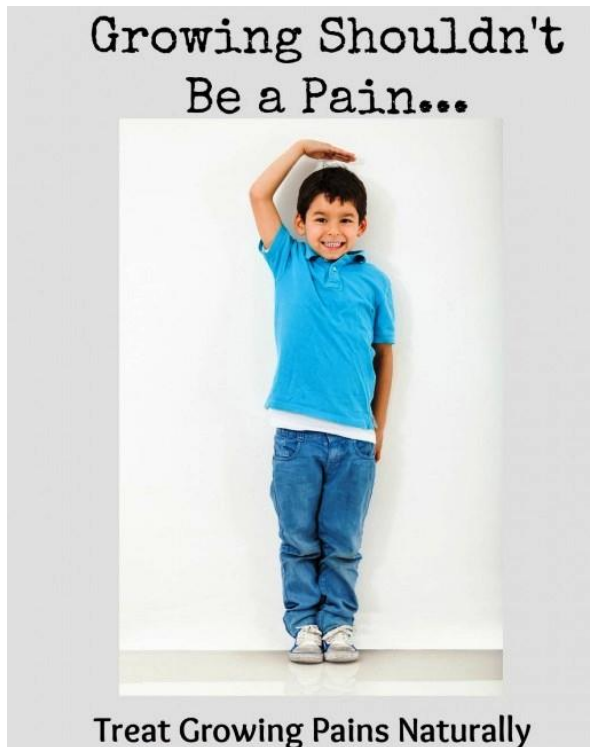


Growing pain in children: What is it ???



Growing pains are achy legs keeping your child awake at night? He or she may have growing pain

Growing pains are cramping, achy muscle pains that some pre school children as well as teenagers in both legs. The pain usually occurs in the late afternoon or evenings. But it may cause your child to wake up in the middle of the night. Growing pains may be linked to a lowered pain threshold or, in some cases, to psychological issues.

Growing pains usually start in early childhood, around age 3 or 4. They tend to predominant again in kids aged 8-12, probably due to intense outdoor activities in school as well as leisure time

Causes of Growing Pains

Despite the name "growing pains," there is no firm evidence that growing pains are linked to growth spurts or the process of growth causes the pain.

Instead, growing pains may simply be muscle aches due to intense childhood activities that can wear your child's muscles out. These activities include running, jumping, and climbing. Growing pains seem to be more common after a kid has a particularly full day of sports. This is more common after the school opens after holidays. Growing pains are also more common in summer months, probably due to fatigue and electrolyte imbalance due to dehydration due to the heat.

Symptoms of Growing Pains

Growing pains are different for everyone. Some kids have a lot of pain, others do not. Most kids do not have pain every day.

Growing pains can come and go. They may be experienced for months or even years. Most kids outgrow growing pains within a few years.

The pain is usually felt in the late afternoon and evening, right before dinner time, and at bedtime. The leg pains may hurt so much that they may wake your child from sleep causing anxiousness to the parents.

If your child seems perfectly fine in the morning, don't be quick to think he or she was faking. Growing pains disappear in the morning. They usually do not interfere with the child's ability to play sports or be active.

In general, growing pains are felt in both legs, especially in the front of the thighs, back of legs, or behind the knee joints

Studies suggest that children who have growing pains may be more sensitive to pain. Children who have growing pains are also more likely to have headaches and intermittent pain in abdomen.

How Are Growing Pains Diagnosed?

A doctor can usually diagnose growing pains by examining your child and asking questions about his or her medical history and symptoms. It is important to rule out any other possible causes of the pain before making the diagnosis of growing pains. This is why it is important to see the doctor if you think your child has growing pains or any limb pain.

If your child has growing pains, the doctor will not see anything abnormal during the examination of the child in his clinic. Blood tests and X-rays are usually not needed in this case.

How Are Growing Pains Treated?

There is no specific treatment for curing growing pain. Treatment of growing pains depends on how much pain your child has. The following things may ease discomfort and help your child feel better:

- Massaging the legs with warm oil
- Stretching the leg muscles. This may be difficult for younger kids.
- Placing a warm cloth or heating pad on the sore leg. Be careful not to burn the skin and do not use on a sleeping child.

If the pain does not get better, ask your primary care physician if it's OK to give your child an over-the-counter pain medicine, however ask about the appropriate dose for your child. Do not try to choose and test various medicines from local shops on your child, the consequences can be dangerous and harmful for your child.

When Should I Call the Doctor?

When deciding whether to call the doctor, it's important to remember that growing pains are almost always felt in both legs. Pain that is only in one leg may be a sign of a more serious condition. Call your doctor if this happens on a regular basis.

It's also important to remember that growing pains affect muscles, not joints. And they do not cause limping or fever.

Call your child's doctor or nurse if the leg pain occurs with the following symptoms. They aren't symptoms of growing pains, but your doctor will need to examine your child and run tests:

- injury, such as a fall
- fever
- loss of appetite
- limping or difficulty walking
- skin allergy or rashes
- red, warm, painful and swollen joints
- tiredness
- weakness of one or both legs
- progressive loss of weight of child with lack of energy

And of course, call your doctor if you have any other concerns. Before the appointment, you may want to write a list that answers the following questions:

- Where does the pain occur?
- Is there a certain time of day when the pain usually occurs?
- How long does the pain last?
- What, if anything, relieves the pain?
- Does the pain wake your child up at night or make it difficult to fall asleep?
- Has your child experienced any other signs or symptoms — such as swelling, redness, abdominal pain or headaches?
- Has your child recently started a new physical activity?

Advice for parents in relevance to growing pain

- Be observant but don't panic.
- keep a watch on their movement and activity to see if any abnormality
- Take care of their diet, there should be a balanced diet with appropriate blend of vital food components like carbohydrates, proteins, vitamins and minerals.

Encourage children to eat egg whites, fish, fresh milk, fruit salads, yoghurts. Make the menu variable to prevent monotony. Use crated cheese (contain lots of calcium) to make sandwiches at home. One off "Pizza" per months is not bad for bone health. Make the food tasty, children do not eat unless they like the taste of that. Chocolates are high calorie foodstuff, so should be used with reasonable restriction. Provide dates(after removing the seeds) in the breakfast - it contains lot of iron. Khejur Gur with roti is a good menu for the winter. Start making fruit juices at home rather than buying readymade stuff. Finally food should be provided at right time in a disciplined manner to prevent over or under eating habits.

- Encourage them to play outdoor games/contact sports on regular basis , preferably in sun - it synthesises Vitamin D (the most important vitamin for bone health) in the body. Cycling and swimming are good.
- Prevent dehydration in your child by encouraging them to drink small quantity of water or any other fluid at frequent intervals. Electrolyte imbalance is one of the common reason to cause muscle fatigue and pain all over the body.
- Make sure they sleep well for adequate hours and in time. Televisions should be shut down in the house by 9 PM.
- Encourage them to do regular exercises and to have a nice warm shower at least once a day - this is just to feel fresh and have a comfortable sleep to clear the fatigue.

In case you have any doubts please contact us at 8972176765.