

Health Watch

Expectant Moms, Diabetics, Dialysis Patients Among Highest-Risk For Developing Restless Legs Syndrome

—Relaxis, the Only FDA-Cleared Treatment Developed For RLS, Offers Safe, Drug-Free Solution—

(NAPSA)—An estimated 12 million Americans suffer from Restless Legs Syndrome (RLS), a chronic medical condition that causes extreme discomfort and an overwhelming urge to move one's legs, usually while resting or asleep.

Among those at highest risk for developing RLS are people with other serious health conditions, including diabetics and kidney disease patients on dialysis. Researchers at Harvard Medical School and the University of Toronto estimate that 25% of all dialysis patients suffer from RLS. For these patients, having RLS correlates to poorer quality of life and increased risk of death.

Expectant mothers are another high-risk RLS group. One out of every three pregnant women is projected to develop RLS, with many experiencing increasingly severe symptoms during their second and third trimesters.

While medications are typically prescribed for RLS, pregnant women and the chronically ill usually can't tolerate these heavy-duty drugs and their side effects. Fortunately, there is a new, drug-free option: Relaxis.

"Relaxis is the only FDA-cleared medical treatment ever specifically developed to help relieve symptoms in patients with primary RLS," says Fred Burbank, M.D., a California-based physician. As an RLS sufferer himself, Dr. Burbank experienced the stress and fatigue caused by unpredictable RLS attacks that repeatedly interrupted his sleep. He also wanted to avoid taking drugs for his condition. This motivated him to develop Relaxis as a convenient, non-invasive, drug-free treatment.

"Many patients want to avoid taking drugs for their RLS. There are serious risks of side effects, drug interactions, and even the potential for dependency and addiction," he says. "Moreover, the drugs prescribed for RLS were originally developed for other conditions such as epilepsy or Parkinson's Disease, not RLS."

For many RLS patients, the drugs eventually stop working, leaving them no choice but to continuously increase their dosages. These drugs also may ultimately cause patients' RLS symptoms to worsen over time.

Relaxis: Simple, Proven, Effective

In clinical studies, Relaxis has been proven to improve the qual-



If you or a loved one is suffering from RLS, Relaxis is a drug-free option to help.

ity of sleep in people with primary RLS. A recently published medical journal article also reported that Relaxis provided RLS patients with the same sleep improvement as those who had tried medications, but without the drugs' severe side effects.

To use Relaxis, a person simply places the low-profile pad under their legs when they feel RLS symptoms starting. They activate the pad and choose a vibration intensity. Relaxis' vibrations overwhelm the unpleasant RLS sensations by stimulating the nerves in the legs with real sensory signals. Relaxis interrupts the RLS episode and allows the patient to gently fall asleep. After 30 minutes of soothing vibratory counter-stimulation, Relaxis gradually ramps down and shuts off without waking the patient, providing relief similar to what they would experience by moving their legs.

Relaxis is prescription-only, so patients must first talk with their doctor and request a prescription. They then contact the company and Relaxis is shipped directly to them.

"As a former patient, I know that having RLS is a unique, individualized experience, which is why we offer Relaxis on a no-risk 30-day trial," Dr. Burbank says. "People can try Relaxis and determine how well it works for them personally."

If you or a loved one is suffering from RLS, please visit www.myrelaxis.com to download a no-cost self-assessment to share with your doctor. Additional information is available by calling Sensory NeuroStimulation Inc., the company that makes Relaxis, toll-free at (888) 475-7435.

"People with RLS don't have to continue suffering. Relaxis is a safe, drug-free, clinically proven option. It's available today and can help people with RLS sleep better tonight," Dr. Burbank concluded.