

Your Health

Breakthrough Device Relieves Restless Legs Syndrome, Allowing Patients To Get The Sleep They Need

(NAPSA)—A nationwide campaign is aimed at helping the millions of Americans who aren't getting enough "shut-eye." It's a serious problem: Besides experiencing physical fatigue and emotional stress, sleep-deprived people face increased risks for heart and kidney disease, high blood pressure, obesity and diabetes.

Among those who may suffer the most are the estimated 12 million people who have Willis-Ekbom disease, more commonly known as Restless Legs Syndrome (RLS).

During an RLS attack, sufferers may feel uncontrollable tingling, aching or pain in their legs, usually while they are already resting, sitting or sleeping. Many RLS victims may find some relief by massaging their legs or walking around, but it's at a steep price: disrupted sleep. What's worse, RLS attacks tend to increase in frequency and severity, both over time and with age. Often, those who are already weary from battling RLS, including the elderly, may be awakened repeatedly during a single night, and over many following nights, due to this chronic medical condition.

Until recently, prescription medications were the primary option for RLS victims, but many people avoid these due to concerns over potential side effects, drug interactions and addiction risks. In addition, no single drug has been found to effectively manage RLS for all individuals, and regularly taken medications may lose their effect over time, according to the National Institute of Neurological Disorders and Stroke.

Relaxis: The First and Only Nondrug Solution for RLS

Fortunately, a new, nondrug solution is now available for people battling RLS: Relaxis.

Designed by a doctor who experienced debilitating RLS himself, the FDA-cleared, prescription-only Relaxis device has been scientifically proven to be safe and effective for improving the quality of sleep in patients with primary RLS.

When RLS symptoms begin, patients place the Relaxis pad beneath their legs, adjusting the vibration intensity to a comfortable level. The device provides 30 minutes of soothing vibratory counterstimulation, allowing patients to remain resting in their bed as it gradually ramps down



A new treatment may mean an end to sleepless nights for the millions of Americans with Restless Legs Syndrome.

and shuts off without waking them.

From Weekly Attacks to None With Relaxis

Anchorage resident Gayle Stubbs, who tried everything from hot baths to heavy medications to relieve her agonizing RLS symptoms, says that Relaxis has given her relief like nothing else she's tried.

"I wanted to reduce the medications I was taking to fight off RLS attacks. I thought if I could get the same results with Relaxis, without taking the medications and their side effects, that would be a success," says Gayle, who's battled RLS for four decades.

The results have been better than she'd ever hoped for. After requesting a prescription for Relaxis from her doctor, Gayle used the device whenever she felt RLS symptoms starting. After 10 days, she went from experiencing two to three RLS episodes a week to having no episodes at all. What's more, the change has lasted; in the months since first trying Relaxis, Gayle reports she hasn't experienced any RLS attacks at all. With her doctor's supervision, she is also slowly but surely reducing her medications, with a goal of eventually weaning off of them altogether.

While not everyone may experience the same outcomes as Gayle, Relaxis represents a promising option for patients seeking a better, nondrug approach to treating RLS. For additional details, call (888) 475-7435 (toll free) or visit www.MyRelaxis.com, where an RLS self-assessment can be downloaded and shared with doctors. Relaxis is made in the U.S.A. by Sensory NeuroStimulation Inc., a privately held company based in San Clemente, California.

Note to Editors: May is "Better Sleep Month." This story can run longer but is of special interest during May.