

Restless Legs Syndrome Can ‘Start Up’ When It’s Time To Sit Down



(NAPSA)—It’s no secret that women juggle and multitask all day long. In the United States, an average woman spends nearly eight hours at work and then works another three and a half hours at home, either completing chores or caring for her kids. However, when it’s finally time to sit down, women with Restless Legs Syndrome (RLS) may find it difficult to unwind as their symptoms usually start in the evening. Instead, people with RLS experience uncontrollable urges to move their legs, which are often associated with creepy crawly sensations. Since these symptoms are partially or totally relieved by movement, people with RLS may not be able to sit when they would like.

RLS is a long-term neurological condition, characterized by an urge to move the legs usually associated with uncomfortable and unpleasant sensations in the legs.

Symptoms of RLS include the key diagnostic criteria listed below. It’s important to remember that only a doctor can diagnose RLS.

- An urge to move the legs, usually accompanied or caused by uncomfortable and unpleasant leg sensations

- Symptoms that begin or worsen during periods of rest or inactivity such as lying down or sitting

- Symptoms that are partially or

totally relieved by movement, such as walking or stretching, at least as long as the activity continues

- Symptoms that are worse or occur only in the evening or at night

RLS is one of several neurological conditions that disproportionately affect women. While RLS occurs in both men and women, the incidence is about twice as high in women. RLS is thought to affect as many as 10 percent of the U.S. population. Studies have also shown that moderate-to-severe RLS affects approximately 2–3 percent of adults, or more than 5 million adults.

“While women are busy, we encourage them to find time to see a doctor if they are experiencing symptoms consistent with RLS,” said Dr. William Ondo, professor in the Department of Neurology at University of Texas Health Science Center in Houston, TX. “If diagnosed with RLS, your physician can help you identify lifestyle changes that may improve RLS symptoms and determine if additional treatment options may be appropriate.”

Some of the lifestyle changes Dr. Ondo and other medical professionals recommend to relieve symptoms include limiting alcohol, increasing exercise and stretching and maintaining a balanced diet. Visit www.restlesslegs.com to learn more about Restless Legs Syndrome as well as tips for living with this disease. Only a physician can diagnose RLS.

Dr. Ondo says, “We want people living with symptoms to take action so that RLS does not get in the way of their downtime.”

Dr. Ondo is a paid spokesperson for GlaxoSmithKline who was compensated for his time on this article.