

Could Those Creepy-Crawly Nighttime Leg Sensations Be A Treatable Medical Condition?

One Woman's Search For Relief

(NAPSA)—For more than 10 years, Beth McFadden, a 44-year-old mother of three, lived with strange leg sensations that were not only difficult to describe, but were also uncomfortable and disruptive.

“At night, I would be lying in bed, just on the verge of going to sleep, and I would get these feelings in my legs that I needed to make go away. It was a tingling sensation—my legs would feel like something was crawling deep inside them. I felt like I had to move my legs and then would start tossing and turning. Sometimes, I had to get out of bed and walk to relieve the feelings. This would usually go on for quite some time, preventing me from falling asleep.”

Beth knew that what she was experiencing wasn't normal, so she started talking to others about her symptoms. At the time, her doctors did not know how to help her. Beth even thought the symptoms might be related to her diet or exercise habits.

“I was frustrated. Night after night, I would feel the same creepy-crawly sensations in my legs, and getting up to relieve the feelings would keep me from falling asleep. Sometimes, I would get these sensations during the day if I was sitting for a long time: I couldn't really sit and read, watch TV, go to the movies. Travel became difficult because I couldn't sit for long periods of time on airplanes or in the car.”

Recently, Beth saw an article about Restless Legs Syndrome (RLS) in a local newspaper. It described RLS as a common and

Diagnosing Restless Legs Syndrome (RLS)

Only a health care professional can diagnose RLS. If you recognize any of these symptoms, discuss them with your doctor so an appropriate diagnosis can be made:

- A compelling urge to move the legs, usually accompanied or caused by uncomfortable and unpleasant sensations in the legs.
- Symptoms are partially or completely relieved by movement, as long as the movement continues.
- Symptoms begin or worsen during periods of rest or inactivity, such as lying down or sitting.
- Symptoms are worse in the evening and at night.

When evaluating patients' symptoms of RLS, it is important for health care providers to rule out other underlying conditions that are associated with secondary RLS symptoms, such as iron deficiency, pregnancy and renal failure.

RLS Quick Facts

- RLS can range in severity, from mild to severe, and affects approximately one in 10 adults in the U.S.
- Women account for approximately two-thirds of people with RLS, although RLS occurs in both men and women. Further research is needed to understand why women may be affected disproportionately.
- RLS is generally a chronic condition, and the symptoms of RLS tend to become more troublesome as people get older, which is why most people are not diagnosed until middle age.



disruptive neurological condition that is characterized by a compelling urge to move the legs and by uncomfortable or sometimes painful sensations in the legs. These sensations are frequently described as creeping-crawling, tingling, pulling or tightening in the legs.

Beth wondered if this could be the same condition she had lived with for all these years.

She brought the article to her doctor to help her describe what she was experiencing. After an examination, Beth's physician diagnosed her with RLS, a recognized—and now treatable—medical condition.

“I'm relieved to know that what I've been experiencing is a recognized medical condition. For me,

my RLS diagnosis was an important step forward in my quest for relief from the disruptive creepy-crawly feelings that I had lived with for so long.”

In May 2005, the U.S. Food and Drug Administration approved *Requip*[®] (ropinirole HCl) Tablets for the treatment of moderate-to-severe primary RLS, making *Requip* the first and only treatment for RLS of any type or severity.

In a recently published study in *Mayo Clinic Proceedings*, researchers found that patients taking *Requip* reported significant improvement in RLS symptoms when compared with placebo, and onset of symptom improvement was observed after two nights of treatment.

Important Safety Information About *Requip*[®]

Prescription *Requip* Tablets are not for everyone. *Requip* may cause you to fall asleep or feel very sleepy while doing normal activities such as driving; or to faint or feel dizzy, nauseated or sweaty when you stand up from sitting or lying down. If you experience these problems, talk with your doctor. Tell your doctor if you drink alcohol or are taking other medicines that make you drowsy. Side effects include nausea, drowsiness, vomiting and dizziness. Most patients were not bothered enough to stop taking *Requip*.

Requip should be taken once daily one to three hours before bedtime.

In the study published in *Mayo Clinic Proceedings* and entitled “Therapy with Ropinirole, Efficacy And Tolerability in Restless Legs Syndrome” (TREAT RLS US), the most common adverse events reported in the ropinirole group (n=187) versus placebo (n=193) were nausea (43 percent versus 8 percent), headache (17 percent versus 19 percent), somnolence (13 percent versus 7 percent) and nasopharyngitis (11 percent versus 12 percent). The withdrawal rate due to adverse events was similar between the two groups (ropinirole 3 percent versus placebo 4 percent).

Requip is marketed by GlaxoSmithKline. For full prescribing information for *Requip*, please visit www.Requip.com or call the GSK Customer Response Center at 1-888-825-5249.

For more information about RLS, please visit www.restlesslegs.com.