

Health And Well-Being

Restless Legs Syndrome: What You Should Know

(NAPSA)—If you or someone you care about think you are among the nearly 7 million Americans who suffer from Restless Legs Syndrome (RLS), it may be time for you to talk to your doctor.

The Problem

For many people with moderate to severe symptoms, RLS is debilitating—disrupting sleep, influencing mood and negatively affecting everyday life. It affects both men and women, though the incidence is about twice as high in women, and can start at any age.



Dr. Robin Goldstein

The condition causes an irresistible urge to move the legs. This urge is usually caused or accompanied by unpleasant sensations of burning, creeping, tugging or tingling inside the patient's legs, ranging in severity from uncomfortable to painful. Symptoms typically begin or worsen during rest or inactivity, particularly when lying down or sitting, and may be temporarily relieved by movement, such as walking or massaging the legs.

Symptoms often worsen at night, and disturbed sleep is a common result. Left untreated, this can cause exhaustion, daytime fatigue, inability to concentrate and impaired memory.

What's more, people who experience RLS symptoms may inappropriately attribute their difficulty falling or staying asleep to insomnia or other sleep disorders. Others think they won't be taken seriously, that their symptoms aren't severe enough, or that the condition simply isn't treatable. In fact, while there is currently no cure, symptoms can be treated with prescription medications.

Unfortunately, because people are not discussing the underlying cause of their sleeping problems with their doctors, they can be misdiagnosed.

An Answer

Now, this common, treatable neurologic disorder is the focus of a social media campaign: #Stop-MakingExcuses, designed to raise awareness about the impact of RLS on sleep. "Sleep disturbances can be very detrimental to a person's productivity as well as have a negative impact on his or her overall quality of life," said Robin Goldstein, Ed. D, Licensed Psychologist. "More than four out of five people living with RLS and over one-third of their partners report that a restful night's sleep is an area most affected by RLS. It's time for them to stop making excuses for their symptoms and see a doctor for help."

Through this social media campaign, XenoPort, Inc. wants to educate Americans about RLS and encourage sufferers to talk with their doctors about their symptoms.

"Approximately 75 percent of people who experience symptoms consistent with RLS have not seen a doctor about their discomfort and sleep disturbances," said Richard K. Kim, M.D. "#Stop-MakingExcuses is intended to raise awareness of RLS and is designed to generate a call to action encouraging people experiencing symptoms to prioritize a healthier night's sleep by talking to a medical professional."

Learn More

You can join the RLS conversation on Facebook or Twitter using the #StopMakingExcuses hashtag. For further information about RLS, visit www.norestforRLS.com. For more information about XenoPort, visit www.XenoPort.com.