



Health Awareness

Restless Legs Syndrome: The Most Common Neurological Condition You've Never Heard Of

(NAPSA)—Imagine feeling *creepy-crawlies*, *tingling* or even *bugs crawling* in your legs. Imagine these feelings come on in the evening or at night just when you are trying to relax and only go away when you move your legs or get up and walk around. These are some of the symptoms that physicians look for when diagnosing Restless Legs Syndrome, or RLS. RLS is a common neurological condition that encompasses a range of severity that includes mild, moderate and severe symptoms. RLS affects approximately one in ten adults in the U.S. People with RLS often have difficulty falling and staying asleep and can feel tired during the day. They may also have difficulty with activities that require prolonged sitting such as movies, long car rides or airline flights.

Although its exact cause is unknown, new research is giving both physicians and patients a better understanding of the origin and prevalence of RLS and how it can be managed. In a recently published study called the R.E.S.T. General Population Study (RLS Epidemiology, Symptoms, and Treatment), researchers found that RLS was under-diagnosed and can significantly disrupt sleep and daily activities.

“This study underscores the need for greater education about RLS to help people understand that this is a recognized medical condition that they can discuss with their doctor,” said Dr.

Diagnosing Restless Leg Syndrome (RLS)

Only a Healthcare Professional can diagnose RLS. Doctors may use the following criteria to diagnose RLS:

- 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 or sitting
- The symptoms are worse or only occur in the evening and at night

In addition to primary RLS, it is also important for your physician to rule out secondary RLS, which may be related to other underlying conditions such as pregnancy, renal failure or iron deficiency.



William Ondo, Associate Professor of Neurology at Baylor College of Medicine, Houston, TX. Despite its prevalence, RLS frequently remains under-diagnosed. Adding to patients' frustration, until recently, there was no FDA-approved medication for this condition.

Requip® (ropinirole HCl) Tablets, marketed by GlaxoSmithKline, is now the first and only treatment

for patients with moderate-to-severe primary RLS. The approval of *Requip* for this condition addresses a significant unmet medical need for these patients, many of whom have suffered for years without treatment. “Several times a week I feel very unpleasant sensations in my legs that are difficult to describe, and the only way to get rid of them is to get up and move around,” said Mary Ellen Onufrow. “Thanks to Requip, my symptoms are now under control, and I am able to turn my attention back to my family, friends and work, instead of on my RLS.”

Important Safety Information About Requip®

Requip may cause patients to fall asleep or feel very sleepy while doing normal activities such as driving; or to feel faint or dizzy, nauseated or sweaty, when they stand up from sitting or lying down. If patients experience these problems, they should talk to their doctor.

In clinical trials for *Requip* compared with placebo the most commonly observed adverse events were: nausea (40 percent versus 8 percent), somnolence (12 percent versus 6 percent), vomiting (11 percent versus 2 percent), dizziness (11 percent versus 5 percent) and fatigue (8 percent versus 4 percent).

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

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