

## **Restless Leg Syndrome (RLS)**

Approximately 12 million Americans are kept awake at night by the urge to move their legs, and the creeping, crawling sensations that commonly occur with Restless Leg Syndrome. This is a major cause of insomnia and fatigue. Symptoms are oftentimes unbearable, and they can extend beyond the legs to the trunk and the arms. Once symptoms begin, the urge to move the legs is often irresistible, there is discomfort from the tingling, and the crawling sensation becomes increasingly distressing. Relief may come only from getting up and walking. For many women, uncontrolled kicking, referred to as periodic limb movement, can occur during sleep.

Two drugs, ropinirole (Requip) and pramipexole (Mirapex), are approved by the Food and Drug Administration for the treatment of moderate to severe RLS. These are members of the class of drugs referred to as Dopamine agonists and were originally developed to treat Parkinson's disease. Dopamine is a chemical in the brain that controls body movement. This class of medication stimulates the brain's Dopamine receptors to ease the movement, and balance the problems. The John Hopkins Center for **RSL** believes these drugs should be the first line of treatment for people with nightly episodes.

For more information, consult the following websites:

- **The John Hopkins Center for Restless Leg Syndrome**  
[www.rlsathopkins.com](http://www.rlsathopkins.com)
- **The Restless Leg Syndrome Foundation**  
[www.rls.org](http://www.rls.org)
- **The National Sleep Foundation**  
[www.sleepfoundation.org](http://www.sleepfoundation.org)
- **We Move (World Wide Education and Awareness for Movement Disorders)**  
[www.wemove.org/rls](http://www.wemove.org/rls)

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