

Restless Legs Syndrome



Restless legs syndrome is unpleasant paresthesias associated with twitching of the **DKK** and dull pains in the lower limbs. They occur in elderly people, in pregnancy, in polyneuropathies and nephropathies. The problems are present **at rest**, especially in the evening before falling asleep. The pain subsides with movement, therefore forcing the patient to walk. They disturb falling asleep and sleep - we classify them in the group of dyssomnias.

It occurs more often in men.

Etiology:

1. **primary**: apparently genetically conditioned form;
2. **secondary**: in polyneuropathy (e.g.. diabetic, uremic, alcoholic), Parkinson's disease, avitaminosis B, hyperlipidemia, amyloidosis, porphyria etc.

Therapy:

- E.g. diazepam, clonazepam, baclofen.

Links

Related articles

- Restless leg Syndrome/PGS/diagnosis
- Sleep disorders and sleep-related illnesses/PGS
- Hypo- and hyperkinetic movement disorders/PGS
- Myoclonus/PGS/diagnosis

References

- SEIDL, Zdeněk – OBENBERGER, Jiří. *Neurologie pro studium i praxi*. 2. edition. Grada Publishing, 2004. ISBN 80-247-0623-7.
- AMBLER, Zdeněk. *Základy neurologie : [učebnice pro lékařské fakulty]*. 7. edition. Galén, 2011. ISBN 978-80-7262-707-3.