



Short Communication on Restless Leg Syndrome

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Abstract

Restless leg syndrome, is a neurological disorder. RLS is also known as Willis-Ekbom disease. RLS causes painful sensations in the legs, along with a powerful urge to move them. For most people, that urge is more intense when you're relaxed or trying to sleep. The most serious concern for people with RLS is that it interferes with sleep, causing daytime sleepiness and fatigue. RLS and sleep deprivation can put you at risk for other health problems, including depression if not treated. It can occur at any age, though it's usually more severe in middle age or later. Women are twice as likely as men to have RLS. At least 80 percent of people with RLS have a related condition called periodic limb movement of sleep (PLMS). PLMS causes the legs to twitch or jerk during sleep. It can happen as often as every 15 to 40 seconds and can continue all night long. PLMS can also lead to sleep deprivation.

Symptoms

The most prominent symptom of RLS is the overwhelming urge to move your legs, especially when you're sitting still or lying in bed. You might also feel unusual sensations like a tingling, crawling, or pulling sensation in your legs. Movement may relieve these sensations.

If you have mild RLS, symptoms may not occur every night. And you might attribute these movements to restlessness, nervousness, or stress. A more severe case of RLS is challenging to ignore. It can complicate the simplest activities, like going to the movies. A long plane ride can also be difficult.

Other potential causes include medications to treat

- allergies
- nausea
- depression
- psychosis

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Risk factors for restless leg syndrome

There are certain things that may put you in a higher risk category for RLS. But it's uncertain if any of these factors actually cause RLS.

Some of them are:

- Gender: Women are twice as likely as men to get RLS.
- Age: Although you can get RLS at any age, it's more common and tends to be more severe after middle age.
- Family history: You're more likely to have RLS if others in your family have it.
- Pregnancy: Some women develop RLS during pregnancy, particularly in the last trimester. This usually resolves within weeks of delivery.
- Chronic diseases: Conditions such as peripheral neuropathy, diabetes, and kidney failure, may lead to RLS. Often treating the condition relieves symptoms of RLS.
- Medications: Anti nausea, antipsychotic, antidepressant, and antihistamine medications may trigger or aggravate symptoms of RLS.
- Ethnicity: Anyone can get RLS, but it's more common in people of Northern European descent.

Diagnosis restless leg syndrome

There isn't one single test that can confirm or rule out RLS. A large part of the diagnosis will be based on your description of symptoms.

- overwhelming urge to move, usually accompanied by strange sensations
- symptoms get worse at night and are mild or absent in the early part of the day
- sensory symptoms are triggered when you try to relax or sleep

Conclusion

RLS is a common disorder thought to involve abnormal iron metabolism and dopaminergic systems. Nonpharmacological therapy should be suggested for all patients with RLS, but pharmacologic therapy may be required, and evidence is strongest for levodopa and dopamine agonists.

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