

New findings in the epidemiology of restless legs syndrome (RLS) – an update with results from prospective studies

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Background: The last ten years have seen many studies been published on the prevalence of RLS and some on risk factors from cross-sectional population-based studies. These studies have helped to quantify the burden of disease, however, they have also raised many new questions e.g. on methods and cultural differences. Results of prospective studies are very rare, thus, results of analytical epidemiologic studies, allowing the establishment of a true time sequence between risk and disease, are lacking.

Methods: Four prospective cohort studies were conducted.

Results: The presentation will give first results on RLS as a risk factor for subsequent mortality, and for subsequent cardiovascular disease, and vice versa, using four prospective cohort studies, two from Germany and two from the US, as the database. In addition, results from the ongoing COR (Course of RLS)-Study on changes in symptom severity over time will be presented.