

# **Restless legs syndrome-related limitations in everyday activities and their improvement after therapy**

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## **Introduction and study aims**

Severity of restless legs syndrome (RLS) and the effect of anti-RLS medications are usually assessed with severity scales focusing just on the symptoms of the disease. Data on the extent to which RLS limits patients' daily performance and on how those limitations are reduced with therapy are lacking. Therefore, we aimed to determine which areas of patients' daily living are negatively influenced by RLS and to ascertain whether pharmacotherapy improves patients' functioning.

## **Methods**

Out-patients with idiopathic RLS were included in the study. The only exclusion criterion was lack of patient's agreement to be included in the study. A telephone survey was performed during which patients were questioned about the impact of RLS on work productivity, commuting, traveling, and social activities, and how therapy had an impact in these areas.

## **Results**

Sixty subjects participated in the study (50 women, mean age 66.4 yrs; mean RLS duration 15.1 yrs). For 25% of patients, driving a car was troublesome due to RLS symptoms, 21.6% found it difficult to commute, 40% were forced to resign from their travelling plans and 58% resigned from participation in cultural events. After treatment these percentages decreased to 3%, 5%, 6%, and 15%.

## **Conclusions**

RLS limits patients' everyday activities in various important domains with a negative impact on their quality of life. Pharmacological therapy through reduction of symptom severity may bring patients back to active life.