

European Restless Legs Syndrome Study Group

Annual Meeting, Friday, 14 December 2018

“Pavillon”, Klinikum Rechts der Isar, Munich, Germany



Agenda

09:00 – 16:30

09:00 – 09:15

Welcome and introduction

*Birgit Högl (EURLSSG President), Innsbruck, Austria and
Juliane Winkelmann (Local Host), Munich, Germany*

Epidemiology

Chairpersons: *Wolfgang Oertel, Marburg, Germany
Klaus Berger, Muenster, Germany*

09:15 – 09:30

The prevalence and demographics of RLS in a phlebology clinic

Kiyana Kseniya, Moscow, Russia

09:30 – 09:45

The prevalence of RLS in Armenia: data from the first multisite door-to-door sleep disorders survey

Samson Khachatryan, Yerevan, Armenia

09:45 – 10:00

The prevalence of RLS among recreational and professional scuba divers

Giorgos Sakkas, Plymouth, UK

10:00 – 10:35

Coffee break

RLS genetics

Chairpersons: *Juliane Winkelmann, Munich, Germany
Richard P Allen, Baltimore, USA*

10:35 – 10:55

Update on the genetics of RLS

Barbara Schormair, Munich, Germany

10:55 – 11:15

Epigenetic studies in RLS

Konrad Oexle, Munich, Germany

11:15 – 11:30

Blood pressure profile and endothelial function in patients with RLS

Yves Dauvilliers, Montpellier, France

Animal studies

Chairpersons: *Mauro Manconi, Lugano, Switzerland
Barbara Schormair, Munich, Germany*

- 11:30 – 11:45 **Hypoxia does not elicit signs consistent with RLS in mice**
Alessandro Silvani, Bologna, Italy
- 11:45 – 12:00 **Update on functional studies of MEIS1 in RLS**
Aaro Salminen, Munich, Germany
- 12:00 – 12:15 **Consensus guidelines on RLS readouts in animal models: a project update**
Aaro Salminen, Munich, Germany
- 12:15– 13:45 Lunch**

New research findings in RLS

Chairpersons: *Roselyne Rijsman, The Hague, The Netherlands
Stephany Fulda, Lugano, Switzerland*

- 13:45 – 14:00 **Beyond PLM: Leg movement markers of EEG arousals**
Richard P Allen, Baltimore, USA
- 14:00 – 14:15 **New MRI findings in RLS**
Ambra Stefani, Innsbruck, Austria
- 14:15 – 14:30 **Searching for novel candidate biomarkers for RLS by proteomic analysis**
Raffaele Ferri, Troina, Italy

RLS in specific subpopulations

Chairpersons: *Rosalia Silvestri, Messina, Italy
Diego Garcia-Borreguero, Madrid, Spain*

- 14:30 – 14:40 **RLS care in the pediatric population**
Sofia Kasradze, Tbilisi, Georgia
- 14:40 – 14:50 **RLS symptoms and sleep complaints following delivery—a pilot study**
Lia Maisuradze, Tbilisi, Georgia
- 14:50 – 15:30 Coffee break**

RLS therapy

Chairpersons: *Federica Provini, Bologna, Italy
Raffaele Ferri, Troina, Italy*

- 15:30 – 15:45 **Saint John´s wort (*Hypericum perforatum*) and RLS/WED**
Jan Ulfberg, Örebro, Sweden

15:45 – 16:00 **Selenium in RLS/WED**
Jan Ulfberg, Örebro, Sweden

16:00 -16:30 **Update and discussion of the EURLSSG's COST application**
Giorgos Sakkas, Plymouth, UK

EURLSSG e.V. business meeting (*EURLSSG members only*)

16:30 – 17:30 **General EURLSSG meeting**

19:00 **Dinner Hofbräuhaus “Wappensaal”, 1st floor, Platzl 9, Munich**

The EURLSSG-Meeting is sponsored by:

UCB Pharma GmbH

