



The European Restless Legs Syndrome Study Group

presents the

**First European Course on Diagnosis and Management of Restless Legs Syndrome**

**Saturday, 15th December 2018, 8:45 – 18:00**



Auditorium "Pavillon", Klinikum Rechts der Isar, Ismaninger Str. 22, 81675 Munich, Germany

**Request for CME credits is submitted (BLAEK, Bavarian Medical Association, Germany).**

A world-renowned faculty will present the most up-to-date and relevant data on RLS and extensive opportunities will be offered to the audience to interact with these RLS experts

Official language: English

**PROGRAMME**

**Morning Session  
8:45-11:30**

**Chairpersons: Yves Dauvilliers and Mauro Manconi**

20-minute lectures followed by 10 minutes discussion with the audience

- 08:45 **Welcome and introduction**  
*Birgit Högl (EURLSSG President), Innsbruck, Austria*
- 09:00 **Diagnostic clues to RLS**  
*Birgit Högl (EURLSSG President), Innsbruck, Austria*
- 09:30 **RLS pathophysiology and genetics in a nutshell**  
*Barbara Schormair, Munich, Germany*
- 10:00 **RLS mimics and differential diagnosis**  
*Birgit Högl (EURLSSG President), Innsbruck, Austria*
- 10:30 **Which laboratory and other exams do I need to diagnose RLS?**  
*Diego Garcia-Borreguero, Madrid, Spain*
- 11:00 **RLS and comorbidity why is it no longer symptomatic RLS?**  
*Klaus Berger, Muenster, Germany*
- 11:30 **The patient's perspective**  
*Joke Jaarsma & Diego Garcia Borreguero*

**Interactive Lunch Session: An opportunity for participants to discuss difficult cases with an expert  
12:00-13:00**

**First Afternoon Session: Treating RLS  
13:00-15:30**

**Chairpersons: Diego Garcia-Borreguero and Klaus Berger**

- 13:00 **What is augmentation, and how do you recognize it in time?**  
*Mauro Manconi, Lugano, Switzerland*
- 13:20 **Are dopaminergic agents are still first line? How should they be used?**  
*Yves Dauvilliers, Montpellier, France*

13:40 **What is the role of alpha-2-delta ligands? When should they be initiated?**  
*Diego Garcia-Borreguero, Madrid, Spain*

14:00 **Discussion:** Moderator Mauro Manconi

Each of the following 20-minute lectures is followed by 10 minutes discussion with the audience

14:30 **Opioids in RLS: when and how?**  
*Roselyne Rijsman, The Hague, The Netherlands*

15:00 **Iron for all RLS? What is the role of oral and intravenous iron?**  
*Rosalia Silvestri, Messina, Italy*

15:15 **Dealing with augmentation**  
*Diego Garcia-Borreguero, Madrid, Spain*

15:45-16:15  
**Coffee Break and networking**

16:15-18:00: **Second Afternoon Session: Treatment Issues in comorbid RLS**

**Chairpersons: Roselyne Rijsman and Barbara Schormair**

Short, 12-minute patient-based interactive lectures followed by discussion with the audience at the end of the session

16:15 **RLS in pregnancy**  
*Mauro Manconi, Lugano, Switzerland*

16:27 **RLS in children**  
*Rosalia Silvestri, Messina, Italy*

16:39 **RLS in depression**  
*Rosalia Silvestri, Messina, Italy*

16:51 **RLS in Parkinson's disease**  
*Roselyne Rijsman, The Hague, The Netherlands*

17:03 **RLS in end-stage renal disease (ESRD)**  
*Georgios Hadjigeorgiou, Larissa, Greece*

17:15 **Cardiovascular / RLS in multi-morbid patients**  
*Yves Dauvilliers, Montpellier, France*

17:27 **ICD risk in RLS: How should patients be informed, and how do you recognize and prevent it?**  
*Yves Dauvilliers, Montpellier, France*

17:39 **Q&A Session and closing remarks**  
*Birgit Högl (EURLSSG President), Innsbruck, Austria*

18:00 **Close**

**Sponsored by:**

**AoP Orphan, EARLS, Habel-Medizintechnik**



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