



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

National applications for CME accreditation of this event pending

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**

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