



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 will be made for CME accreditation of this event

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

The European Restless Legs Syndrome Study Group (EURLSSG) is a non-profit association of RLS experts who are actively involved in RLS research and dedicated to optimising patient outcomes by continuously improving standards for diagnosis and treatment of RLS.

Intended audience: Healthcare professionals who encounter RLS patients in their clinical practice, including general practitioners, neurologists, and psychiatrists.

PROGRAMME

Morning Session

8:45-11:30

Chairpersons: Yves Dauvilliers and Mauro Manconi

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

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



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 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**