

European Restless Legs Syndrome Study Group

Annual Meeting, Friday, 13th December 2024
and Symposium, Saturday, 14th December 2024

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



Agenda

Friday, 13th December 2024

Welcome and Introduction

09:00-09:20 Literature overview – impact of RLS - PUBMED
Wolfgang Oertel (EURLSSG President), Germany

Epidemiology

Chair: Claudia Trenkwalder, Germany

09:20-09:50 How to assess RLS in large population studies – Expert examination
versus classification from questionnaires
Klaus Berger, Germany

Genetics

Chair: Juliane Winkelmann, Germany

09:50-10:05 Update on the genetics of RLS
Barbara Schormair, Germany

RLS and comorbidity 9-10 minutes + 2-3 minutes discussion

Chairs: Samson Khachatryan, Armenia and Giorgos Sakkas, Greece

10:05-10:17 RLS and other sleep disorders among young people of Georgia
Ketevan Mamasakhlisi, Georgia

10:17-10:30 Restless legs syndrome in traumatic brain injury
Cristian Falup-Pecurariu, Romania

10:30-10:45 Prevalence of RLS in patients with multiple sclerosis
Laura L. Triguero, Spain

10:45-11:15 - Coffee break -

11:15-11:27 RLS in stroke – case control study
Iulia Murasan, Romania

- 11:27-11:40 RLS as a surrogate of generalized dysautonomia
Olli Polo, Finland
- 11:40-11:55 Effect of Restless Legs Syndrome medication on depression -prevalence in patients with RLS: A systematic review and meta-analysis
Yukiyoshi Sumi, Japan
- 11:55-12:10 RLS and peritoneal dialysis – update on a cohort study
Thomas Mitterling, Austria
- 12:10-12:25 RLS and the COVID pandemic
Markku Partinen, Finland
- 12:25-13:20 - Lunch -

Neurophysiology (and Imaging)

Chair: Federica Provini, Italy

- 13:20-13:40 Periodic leg movements (PLM) and large muscle group movements (LMM) during sleep along the lifespan in normal controls
Raffaele Ferri, Italy
- 13:40-13:55 EEG for brain connectivity analysis in RLS – preliminary results
Doris Schuller-Götzburg, Austria

Common projects of the EURLSSG

Chair: Wolfgang Oertel, Germany

- 13:55-14:05 Preview for Saturday - Summary slides

Case Reports

Chair: Lucia Muntean, Germany

- 14:05-14:15 High periodic leg movements persist after weight loss surgery and obstructive sleep apnea improvement
Galia Anguelova, The Netherlands
- 14:15-14:25 Restless Back Syndrome
Evi Holzkecht, Austria

Therapy

Chair: Roselyne Rijsman, The Netherlands and Ambra Stefani, Austria

- 14:25-14:40 Physical exercise in restless legs syndrome
Evi Holzkecht, Austria
- 14:40-14:55 Treatment response to Tramadol treatment in Japanese patients with restless legs syndrome and its associated factors
Yuichi Inoue, Japan

14:55-15:10 Treatment of restless legs syndrome with Sativex (2,7 mg Delta-9 -tetrahydrocannabinol / 2,5 mg cannabidiol)
Laura L. Triguero, Spain

15:10-15:40 - *Coffee break* -

Industrial Session

Chair: Federica Provini, Italy and Wolfgang Oertel, Germany

15:40-16:20 Tonic motor activation (TOMAC) – a wearable neurostimulation therapy for Restless Legs Syndrome
Shri Raghunathan, Noctrix, USA

Basic Science

Chair: Barbara Schormair, Germany

16:20-16:40 Dopamine receptors in restless legs syndrome and augmentation: An update on D3 and D1 receptor hypotheses
Stefan Clemens, USA

EARLS

Chairs: Katharina Glanz, Germany and Stefan Clemens, USA

16:45-17:05 Making the invisible visible – 15 years EARLS RLS Patient Advocacy
Katharina Glanz, EARLS President

17:05-17:20 How far have we succeeded in our ambition to make primary care doctors updated on basic facts on RLS treatment
Sören Berg, President of RLS-Förbundet, Sweden

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

17:20– 18:15 **General EURLSSG Meeting**

Walk/travel to Hotel and then to / or directly to Dinner Place

19:00 **Dinner „Zum Franziskaner“**
Residenzstraße 9, 80333 Munich

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Saturday, 14th December 2024

Welcome and Introduction

09:00-09:10 *Wolfgang Oertel (EURLSSG President), Germany*

Common projects of the EURLSSG – Link to IRLSSG

Chairs: Federica Provini, Italy and Wolfgang Oertel, Germany

09:10-09:40 DATA BASE – RLS experts - physicians
*Angelica Montini, Barbara Schormair, Wolfgang Oertel, Klaus Berger,
Federica Provini and the EURLSSG*

09:40-10:10 DATA BASE – European RLS Patient-Registry
Wolfgang Oertel, Joke Jaarsma

10:10-10:40 - *Coffee break* -

Chairs: Samson Khachatryan, Armenia and Giorgos Sakkas, Greece

10:40-11:10 USA-RLS-Guidelines –versus European views
Shall EURLSSG endorse the USA-Recommendations?
Ambra Stefani and Samson Khachatryan

11:10-11:40 Task force European Grant application
Giorgos Sakkas and Stefan Clemens

11:40-12:00 Task force Website Content and Support
Burkhard Panier and Wolfgang Oertel

12:00-12:10 Augmentation Rating Scale – Validation of translations?
Development of new ratings scales / questionnaires (Comorbidity)?

12:10-12:20 Educational material – for and together with EAN and ESRS?

12:20-12:30 Others

12:30-13:30 - *Lunch* -

13:30 *End of Meeting*