

## **Restless legs syndrome during pregnancy in Czech women**

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### **Objective**

The objective of this study was to identify the prevalence of restless legs syndrome (RLS) among pregnant Czech women with questionnaire-based survey during the third trimester of pregnancy, and to determine risk factors.

### **Methods**

In this cross-sectional study we surveyed 276 pregnant women (20-48 years old) who came to the prenatal outpatient clinic to consult an obstetrician during the third trimester (36<sup>th</sup>-38<sup>th</sup> week of pregnancy). We used three epidemiological questions to assign RLS status, disease course and frequency of symptoms. Furthermore, we asked for previous pregnancies and comorbidities.

### **Results**

In our sample the prevalence of RLS during pregnancy was 28.9% (95% confidence interval from 23.5% to 34.8,%). Of these 62% of the women started having RLS symptoms during the current pregnancy. On the other hand 14.9% reported positive family history of RLS. More than half of the patients (66.7%) presented symptoms at least once per week and the largest proportion of them (48.15%) reported onset or major worsening of previous symptoms in the third trimester. We did not observe any differences in prevalence of screened comorbidities between RLS positive and RLS negative pregnant women or any demographic differences between these groups. We also could not confirm higher prevalence of RLS among multiparous women.

### **Conclusion**

RLS during pregnancy is more frequent than in the general population: about two thirds of pregnant women with RLS frequently suffer from symptoms. RLS symptoms occur especially in the third trimester.

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