

European Restless Legs Syndrome Study Group

Annual Meeting, Friday, 15th December 2023
and Symposium, Saturday, 16th December 2023

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



Agenda

Friday, 15th December 2023

Welcome and Introduction

09:00-09:10 *Rosalia Silvestri (EURLSSG President), Italy*

Genetics and animal models

Chair: Klaus Berger, Germany & Giorgos Sakkas, Greece

09:10-09:25 Update on the genetics of RLS
Barbara Schormair, Germany

09:25-09:40 Update on functional studies of MEIS1 in RLS
Volker Kittke, Germany

09:40-09:55 Epigenetics of RLS
Konrad Oexle, Germany

09:55-10:10 Restless legs syndrome: from genotype to phenotype
Sofiene Chenini, France

EURLSSG common projects

10:10-10:40 The EURLSSG database: brainstorming of ideas for common projects
Angelica Montini, Italy & Federica Provini, Italy

10:40-11:10 - *Coffee break* -

New clinical data

Chairs: Lucia Muntean, Germany & Diego Garcia-Borrequero, Spain

- 11:10-11:25 Restless legs syndrome in children under 6 years of age
Sofia Kasradze, Georgia
- 11:25-11:40 RLS and chronic fatigue syndrome: are there common mechanisms?
Olli Polo, Finland
- 11:40-11:55 Leg movements in disorders of arousal: a new kid on the block
Elza Balian, Armenia
- 11:55-12:10 Association of levodopa-related clinical parameters with restless legs syndrome in patients with Parkinson disease
Narine Nadryan, Armenia
- 12:10-12:25 L-DOPA treatment in restless legs syndrome in Germany - data from the largest German health insurance company (AOK)
Dagmar Drogan, Germany & Klaus Berger, Germany
- 12:25-12:40 Metagenomic analysis in restless legs syndrome
Angelica Montini, Italy
- 12:40-12:55 Hydrotherapy and acupressure in restless legs syndrome – a randomized, controlled, three-armed, explorative clinical trial
Julia Siewert, Germany
- 12:55-13:10 Time structure of PLMS in RLS around 50 years of age in women and men
Raffaele Ferri, Italy
- 13:10-13:25 Previous dopaminergic augmentation of RLS symptoms reduces the therapeutic response to non-dopaminergic treatments”.
Diego Garcia-Borrequero, Spain
- 13:25-14:25 - Lunch -

Patients' perspective

Chair: Samson Khachatryan, Armenia & Federica Provini, Italy

- 14:25-14:40 RLS: Are we still living in the aftermath of the disease mongering movement?
Joke Jaarsma, The Netherlands
- 14:40-14:55 Swedish Patients' perspective: How to cope with problems?
Sören Berg, Sweden

14:55-15:10 German RLS Patient Foundation (RLS e.V.)
Lilo Habersack Young Researcher Award

15:10-15:25 Update on the European RLS guidelines
Ambra Stefani, Austria

Clinical cases

Chairs: Birgit Högl, Austria & Raffaele Ferri, Italy

15:25-15:40 Are there differences between idiopathic hypersomnia and PLMD
characterized by PLMS and hypersomnolence?
Karel Sonka, Czech. Republic

15:40-15:55 Ups and downs- precision medicine in RLS- how is this possible?
Anna Heidbreder, Austria

15:55-16:10 De novo lower body restlessness due to antidepressant
discontinuation: RLS or a withdrawal akathisia?
Samson Khachatryan, Armenia

16:10-16:25 More tongue movements or less leg movements - what will finally
bring back good night's sleep?
Christina Dirks, Germany

16:25-16:55 - *Coffee break* -

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

16:55 – 18:30 **General EURLSSG Meeting**

**19:30 Dinner Hofbräuhaus “Müncher Zimmer”, 2nd floor
Platzl 9, Munich**

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09:00-09:10 *Rosalia Silvestri (EURLSSG President), Italy*

09:10-09:40 Iron supplementation in RLS and RSD: a clinical perspective
Raffaele Ferri, Italy

Year in review:

Chairs: Claudia Trenkwalder, Germany & Raffaele Ferri, Italy

09:40-10:10 Treatment (pharmacological and non-pharmacological)
Giorgos Sakkas, Greece

10:10-10:40 RLS and cognitive function / risk of dementia
Ambra Stefani, Austria

10:40-11:10 RLS and multiple sclerosis
Rosalia Silvestri, Italy

11:10-11:40 RLS, inflammatory factors and omics
Maria Paola Mogavero, Italy

12:10-13:00 - *Lunch* -

13:00 - ***End of Meeting*** -