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Treatment for Restless Legs Syndrome: Comparative Effectiveness Review Number 86

By U S Department of Heal Human Services, Agency for Healthcare Resea And Quality

Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Restless legs syndrome (RLS) is a neurological disorder characterized by unpleasant sensations in the legs and a distressing, irresistible urge to move them. RLS can result in reduced quality of life and interrupt sleep, leading to daytime fatigue. However, effective treatment options are not well established and there is little guidance on diagnosis and treatment. A comprehensive review of the effectiveness and harms of treatments for RLS could lead to improved care for individuals with the syndrome. RLS is defined and diagnosed based solely on clinical criteria. The essential diagnostic criteria for RLS were established by the International Restless Legs Syndrome Study Group in 1995 and revised in 2003. RLS symptoms are triggered by rest or inactivity and worsen at night. Movement such as walking, stretching, or bending the legs provides partial or complete relief. Yet, relief is temporary, and symptoms return when movement ceases. RLS varies in symptom severity and frequency. Mild RLS may cause minor annoyance, but severe RLS can interfere with work, social activities, function, and emotional well-being. RLS induced sleep disruption may lead to...



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