

TITLE 1: “Ask the doctor”

TITLE 2:

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AUTHOR/S: Staff

KEYWORDS:

- Symptoms

ABSTRACT OVERVIEW: One reader asks whether symptoms can be exacerbated by changes in the weather.

COPY OF ARTICLE:

Q. *Can changes in the weather, especially that which comes before a storm, affect RLS symptoms?*

A. There are many diseases that seem to be influenced by the weather or barometric pressure.



Only in a few disorders, however, is there a proven relationship, such as patients with myocardial infarction, stroke, and other circulation-related disorders. Patients with Parkinson’s disease also often report alterations of their motor symptoms and behavior when the weather changes. One must be cautious in drawing conclusions because many circumstances—especially nutrition, sleep the night before, and emotional stress—can substantially influence RLS. I am not aware of any study that has looked at the relationship between weather and RLS, but personally I don’t believe that there is a substantial relationship. In order to properly answer this question we would need a comprehensive study recording all changes in the weather with exact reports of the patients’ symptoms over a period of days in order to determine if there is a common link.

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