

TITLE 1: "Ask the Doctor"

TITLE 2:

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KEYWORDS:

- Research
- Awareness

ABSTRACT OVERVIEW: A reader asks about whether there is a measurement system for RLS symptoms. Dr. Walters discusses a new study finishing up which does just that.

COPY OF ARTICLE:

Ask the Doctor

Q. *I have had RLS most of my life. I am 71 years old and the symptoms are now very pronounced. Is there a measurement of some sort whereby a person is categorized as to the severity of the symptoms? I have the sensations, not the PLMS, and experience the sensations in my lower limbs AND in my shoulders, arms, and fingers as well.*



A. The International RLS Study Group, comprised of more than 100 physicians and scientists from more than 23 countries, has recently finished conducting a three-year study validating a scale to rate the severity of RLS symptoms. This scale has 10 questions documenting the severity of various aspects of RLS. More than 175 people with RLS and 175 without RLS participated in this study. The scale was also successfully used in the European RLS pergolide study, a multicenter study of this medication in the treatment of RLS. This study involved countries from all over Europe as well as Australia. The validation paper is now being written up for publication, as

are the results from the European pergolide study.

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