

TITLE 1: "Ask the Doctor"

TITLE 2:

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- Better treatment

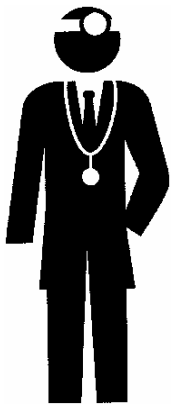
ABSTRACT OVERVIEW: One patient asks about the connection between arthritis and bursitis pain and RLS.

COPY OF ARTICLE:

Ask the Doctor

Q. *I have RLS along with arthritis and bursitis. I have noticed that the RLS is worse when my arthritis pain increases. Is this common? Is there any connection between RLS and pain?*

A. The relationship between RLS and pain is complex. Most RLS patients do not experience



their discomfort as pain, but some do. RLS may coincide with other conditions causing pain, such as arthritis, but without the two being connected. It is very important for physicians treating

RLS to carefully differentiate between RLS and other conditions causing pain, as the treatment is often different. We know that some peripheral problems in the legs may trigger or worsen RLS, such as peripheral neuropathy. Occasionally, RLS patients describe their symptoms starting after injury or surgery to a leg. Presumably nerve impulses from the leg affect nerve circuits in the

spinal cord or brain, thus causing or worsening RLS. Therefore it is certainly possible that leg arthritis or bursitis causing pain could worsen RLS. This is not a commonly reported relationship, although I recall an occasional patient

whose RLS improved after treatment of upper-leg bursitis by injection. It would be interesting to know whether your RLS improves with more effective treatment of the bursitis or arthritis.

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