

**TITLE 1:** "Ask the Doctor"

**TITLE 2:**

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**KEYWORDS:**

- Depression

**ABSTRACT OVERVIEW:** A reader asks about the connection between RLS and other emotional factors.

**COPY OF ARTICLE:**

**Q:** There seems to be a correlation between depression and other emotional factors and RLS. Could these factors be causing a chemical reaction in the brain that would block iron transport?

**A:** While it is now becoming apparent that iron deficiency may cause RLS in some cases, the absolute mechanism for this is unclear. The relationship between depression, other emotional factors and worsening of RLS may have to do with changes in neurotransmitter levels or receptor effects. It is premature to draw any conclusions regarding these factors and iron transport in RLS.

*Charles H. Adler, MD, PhD*