

TITLE 1: “FDA Approves First Medication for Restless Legs Syndrome”

TITLE 2:

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KEYWORDS:

- Diet/exercise
- Symptoms

ABSTRACT OVERVIEW: One reader asks about the connection between lowered carbohydrate corresponding with less of a need for medication for RLS.

COPY OF ARTICLE:

Q: Recently I began the South Beach diet. As I lowered my carbohydrate intake, I noticed I could lower my medication dosage. Have any studies been done on this?



A: Lowering intake of carbohydrates should not have any effect on medication or on the central nervous system. To my knowledge, no studies have been done on this.

Robert Werra, MD

A: Although no studies have been done on carbohydrates and RLS, many RLS patients have noticed that decreasing carbohydrates often improves RLS and thus may enable the patient to reduce the dose of their RLS medication. This is based on many anecdotal reports and has not been examined scientifically yet nor is there any hypothesis as to why reducing carbohydrates may be beneficial for RLS sufferers.

Mark J. Buchfuhrer, MD, FRCP(C), FCCP, NightWalkers Medical Editor