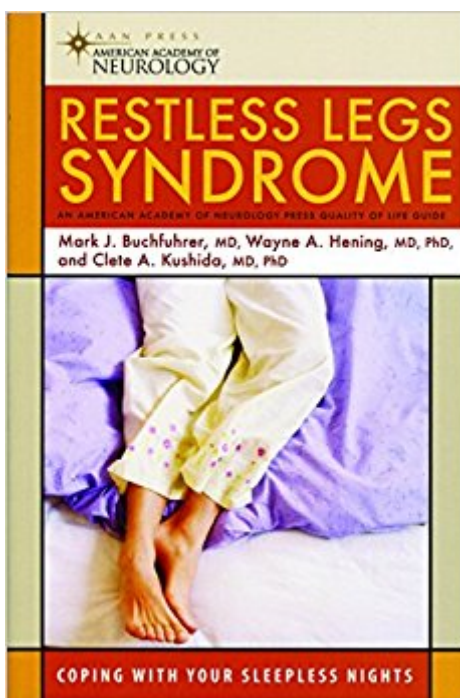


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# Restless Legs Syndrome: Coping With Your Sleepless Nights (American Academy Of Neurology)



## Synopsis

"The Restless Legs Syndrome Foundation estimates that up to 8 percent of the population suffers with restless legs syndrome (RLS). The hallmark of this neurologic disorder is an irresistible urge to move, most commonly at night. It causes uncomfortable sensations often described as creeping, crawling, tugging, burning, or aching feelings in the calves, feet, thighs, and arms. These disruptive symptoms vary in severity and can result in difficulty staying or falling asleep, fatigue, and impaired daytime function resulting from loss of sleep. Written by respected leaders in this field and sponsored by the American Academy of Neurology, Restless Legs Syndrome explains what we know about RLS, including its causes and manifestations, and what can be done to manage it.

Topics covered include: Causes, symptoms, and diagnosis

## Book Information

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## Customer Reviews

"From three respected leaders in their field... Restless Legs Syndrome is an important key to understanding this condition and resolving many of its problems." --Midwest Book Review (Midwest Book Review 20100503)

Mark J. Buchfuhrer, MD is an attending staff physician at Downey Regional Medical Center, Presbyterian Intercommunity Hospital and Long Beach Community Hospital. He served on the Restless Legs Syndrome Foundation's Medical Advisory Board from 1996-2005. He is a member of the International RLS Study Group, and the Medical Director of the Southern California

RLS Support group. Wayne A. Hening, MD, PhD is an Assistant Clinical Professor of Neurology at MDNJ-RW Johnson Medical School in New Brunswick, New Jersey. Clete A. Kushida, MD, PhD, is the Director of the Stanford University Center for Human Sleep Research and Associate Professor, Stanford University Medical Center.

Excellent book. Great info for people diagnosed with RLS - sometimes called Ekbom Syndrome. Also applicable to Periodic Leg Movement disorder/disease which most often goes along with RLS. Dr Buchfuhrer is one of very top doctors knowledgeable on RLS & contributes to RLS Foundation articles & answers questions, etc. I purchased 2 copies to give one to a friend with RLS also- this big problem is much more common than most realize & can ruin quality of life if not treated. I travel 75 mile to see Dr B for treatment, since he is always up to date on latest info. I bought these when was written few years ago, so he may have updated. So some med changes may be more current if not updated.

I have RLS and this is a great, comprehensive resource book. Learned a lot that I didn't know which has helped me manage symptoms much better than before. Most doctors aren't that knowledgeable so this is an excellent book to self-teach and - if you have a doctor who is comfortable with patients educating them - can help your doctor help you.

The author provides a very good description of Restless Leg Syndrome and Periodic Limb Movement Disorder. He describes all the current medicinal solutions to these problems and some non-traditional remedies. However, you should still see your doctor to discuss your treatment. Also, if you believe you suffer from PLMD, have sleep studies done periodically. I was prescribed Requip for my PLMD in 2005 and just assumed I would have to take it for the rest of my life. When the Requip started making me excessively sleepy during the day I consulted my general physician. I then got another sleep study done by another doctor. The results showed that I no longer had PLMD. Apparently, PLMD can come and go throughout your lifetime. I am now off the Requip and doing much better.

Author mentioned many reactions that come with the restless legs and mentioned the millions of people they have the same problems. I have had many years talking to nurses and doctors who acted like they never knew the term RLS. This book will open their eyes and hopefully they will soon find relief from this exasperating ailment.

Interesting book...very much from a medical point of view. It was helpful to me but a bit discouraging and surprising when it talked about so many over the counter drugs that could be aggravating my RLS. Was pleased to learn that the parts of the brain that are definitely deteriorating with my father's Parkinsons disease, are not, with RLS despite the similar treatments.

not as helpful as I thought it would be

A comprehensive look at diagnosis and treatment options for this devastating disease. A must read for those with RLS or their caretakers.

Good book with very accessible / understandable information. If you have RLS and are struggling to understand it, this is a good book.

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