

Restless Legs Syndrome

Chang C.L., Killick L. & Yee B., 'Restless Legs Syndrome', *Medicine Today*, 2010, 11(12):40-48

Abstract

Restless legs syndrome (RLS) is a common movement disorder and can be distressing for patients. Diagnosis is clinical and based on clear diagnostic criteria. Secondary causes of RLS such as iron deficiency and medications precipitating symptoms should be sought and treated. Nonpharmacological management options should be explored. Non-ergot derived dopamine agonists are the treatment of choice if the patient has moderate to severe daily symptoms of RLS. When using dopaminergic therapy, the lowest dose possible should be used to prevent augmentation.