
Was Sie aus diesem *essential* mitnehmen können

- Das RLS gilt als die häufigste Bewegungsstörung und zählt zu den häufigsten Schlafstörungen.
- Die Diagnose wird klinisch gestellt. Hierbei ist eine genaue Anamneseerhebung wichtig.
- Nicht selten wird die Diagnose des Restless-Legs-Syndrom anfänglich aufgrund assoziierter Erkrankungen verkannt.
- Hinderlich hinsichtlich der Diagnosestellung sind das Fehlen von Symptomen während des Tages, die unauffällige klinische Untersuchung und die allgemeine Verharmlosung der Erkrankung.
- Die dopaminerge Therapie ist die medikamentöse Therapie der Wahl.

Literatur

- Abetz, L., Allen, R., Follet, A., Washburn, T., Earley, C., Kirsch, J., & Knight, H. (2004). Evaluating the quality of life of patients with restless legs syndrome. *Clinical Therapeutics*, *26*, 925–935.
- Akpinar, S. (1982). Treatment of restless legs syndrome with levodopa plus benserazide. *Archives of Neurology*, *39*, 739.
- Allen, R. P., & Earley, C. J. (1996). Augmentation of the restless legs syndrome with carbidopa/levodopa. *Sleep*, *19*, 205–213.
- Allen, R. P., Picchietti, D., Hening, W. A., Trenkwalder, C., Walters, A. S., & Montplaisir, J. (2003). Restless legs syndrome: Diagnostic criteria, special considerations, and epidemiology. A report from the restless legs syndrome diagnosis and epidemiology workshop at the National Institutes of Health. *Sleep Medicine*, *4*, 101–119.
- Allen, R. P., Walters, A. S., Montplaisir, J., Hening, W., Myers, A., Bell, T. J., & Ferini-Strambi, L. (2005). Restless legs syndrome prevalence and impact: REST general population study. *Archives of Internal Medicine*, *165*, 1286–1292.
- Allen, R. P., Picchietti, D. L., Garcia-Borreguero, D., Ondo, W. G., Walters, A. S., Winkelman, J. W., Zucconi, M., Ferri, R., Trenkwalder, C., & Lee, H. B. (2014). Restless legs syndrome/Willis-Ekbom disease diagnostic criteria: Updated international restless legs syndrome study group (IRLSSG) consensus criteria – history, rationale, description, and significance. *Sleep Medicine*, *15*, 860–873.
- Bastia, J. K., Bhoi, S. K., Kalita, J., & Misra, U. K. (2015). Neuropathy in a cohort of restless leg syndrome patients. *Journal of Clinical Neuroscience*, *22*, 1314–1318.
- Becker, P. M., & Sharon, D. (2014). Mood disorders in restless legs syndrome (Willis-Ekbom disease). *The Journal of Clinical Psychiatry*, *75*, e679–694.
- Benes, H., & Kohnen, R. (2009). Validation of an algorithm for the diagnosis of restless legs syndrome: The restless legs syndrome-diagnostic index (RLS-DI). *Sleep Medicine*, *10*, 515–523.
- Berger, K., & Kurth, T. (2007). RLS epidemiology—frequencies, risk factors and methods in population studies. *Movement Disorders*, *22*(Suppl. 18), 420–423.
- Castillo, P. R., Kaplan, J., Lin, S. C., Fredrickson, P. A., & Mahowald, M. W. (2006). Prevalence of restless legs syndrome among native South Americans residing in coastal and mountainous areas. *Mayo Clinic Proceedings*, *81*, 1345–1347.

- Choi, J. W., Ko, D., Lee, G. T., Jung, K. Y., & Kim, K. H. (2012). Reduced neural synchrony in patients with restless legs syndrome during a visual oddball task. *PLoS one*, 7, e42312.
- Deutsche Gesellschaft für Neurologie (DGN). (2012). Restless-Legs-Syndrom (RLS) und Periodic Limb Movement Disorder (PLMD). In H. C. Diener (Hrsg.), *Leitlinien für Diagnostik und Therapie in der Neurologie*. Stuttgart: Thieme. <http://www.awmf.org>.
- Earley, C. J., Connor, J. R., Beard, J. L., Malecki, E. A., Epstein, D. K., & Allen, R. P. (2000). Abnormalities in CSF concentrations of ferritin and transferrin in restless legs syndrome. *Neurology*, 54, 1698–1700.
- Ekbom, K. A. (1945). Restless legs, a clinical study of a hitherto overlooked disease in the legs characterized by peculiar paresthesia ("Anxietas Tibiarum"), pain and weakness ans occurring in two main forms, athenia crurum paraesthetica and athenia crurum dolorosa. A short review of paraesthesias in general by Karl-Axel Ekbom. *Acta Medica Scandinavica Supplementum*, 121, 4–122.
- Fulda, S., Beitinger, M. E., Reppermund, S., Winkelmann, J., & Wetter, T. C. (2010). Short-term attention and verbal fluency is decreased in restless legs syndrome patients. *Movement Disorders*, 25, 2641–2648.
- Fulda, S., Szesny, N., Ising, M., Heck, A., Grubl, A., Lieb, R., & Reppermund, S. (2011). Further evidence for executive dysfunction in subjects with RLS from a non-clinical sample. *Sleep Medicine*, 12, 1003–1007.
- Garcia-Borreguero, D., & Williams, A. M. (2014). An update on restless legs syndrome (Willis-Ekbom disease): Clinical features, pathogenesis and treatment. *Current Opinion in Neurology*, 27, 493–501.
- Garcia-Borreguero, D., Egat, R., Winkelmann, J., & Berger, K. (2006). Epidemiology of restless legs syndrome: The current status. *Sleep Medicine Reviews*, 10, 153–167.
- Garcia-Borreguero, D., Allen, R. P., Kohnen, R., Hogl, B., Trenkwalder, C., Oertel, W., Hening, W. A., Paulus, W., Rye, D., & Walters, A. (2007). Diagnostic standards for dopaminergic augmentation of restless legs syndrome: Report from a world association of sleep medicine-international restless legs syndrome study group consensus conference at the Max Planck institute. *Sleep Medicine*, 8, 520–530.
- Happe, S., Reese, J. P., Stiasny-Kolster, K., Peglau, I., Mayer, G., Klotsche, J., Giani, G., Geraedts, M., Trenkwalder, C., & Dodel, R. (2009). Assessing health-related quality of life in patients with restless legs syndrome. *Sleep Medicine*, 10, 295–305.
- Hogl, B., Garcia-Borreguero, D., Trenkwalder, C., Ferini-Strambi, L., Hening, W., Poewe, W., Brenner, S. S., Fraessdorf, M., Busse, M., & Albrecht, S. (2011). Efficacy and augmentation during 6 months of double-blind pramipexole for restless legs syndrome. *Sleep Medicine*, 12, 351–360.
- Iranzo, A., Comella, C. L., Santamaria, J., & Oertel, W. (2007). Restless legs syndrome in Parkinson's disease and other neurodegenerative diseases of the central nervous system. *Movement Disorders*, 22(Suppl. 18), 424–430.
- IRLSSG. (2012). IRLSSG diagnostic criteria for RLS. www.irlssg.org.
- Jellen, L. C., Lu, L., Wang, X., Unger, E. L., Earley, C. J., Allen, R. P., Williams, R. W., & Jones, B. C. (2013). Iron deficiency alters expression of dopamine-related genes in the ventral midbrain in mice. *Neuroscience*, 252, 13–23.
- Kushida, C., Martin, M., Nikam, P., Blaisdell, B., Wallenstein, G., Ferini-Strambi, L., & Ware, J. E. (2007). Burden of restless legs syndrome on health-related quality of life. *Quality of Life Research*, 16, 617–624.

- Liu, G. J., Wu, L., Wang, S. L., Ding, L., Xu, L. L., Wang, Y. F., & Chang, L. Y. (2016). Incidence of augmentation in primary restless legs syndrome patients may not be that high: Evidence from a systematic review and meta-analysis. *Medicine*, *95*, e2504.
- Luigetti, M., Del Grande, A., Testani, E., Bisogni, G., Losurdo, A., Giannantoni, N. M., Mazza, S., Sabatelli, M., & Della Marca, G. (2013). Restless leg syndrome in different types of demyelinating neuropathies: A single-center pilot study. *Journal of Clinical Sleep Medicine*, *9*, 945–949.
- Manconi, M., Ferri, R., Zucconi, M., Bassetti, C. L., Fulda, S., Arico, D., & Ferini-Strambi, L. (2012). Dissociation of periodic leg movements from arousals in restless legs syndrome. *Annals of Neurology*, *71*, 834–844.
- Ohayon, M. M., O'Hara, R., & Vitiello, M. V. (2012). Epidemiology of restless legs syndrome: A synthesis of the literature. *Sleep Medicine Reviews*, *16*, 283–295.
- Ondo, W., Romanyshyn, J., Vuong, K. D., & Lai, D. (2004). Long-term treatment of restless legs syndrome with dopamine agonists. *Archives of Neurology*, *61*, 1393–1397.
- Pearson, V. E., Allen, R. P., Dean, T., Gamaldo, C. E., Lesage, S. R., & Earley, C. J. (2006). Cognitive deficits associated with restless legs syndrome (RLS). *Sleep Medicine*, *7*, 25–30.
- Peralta, C. M., Frauscher, B., Seppi, K., Wolf, E., Wenning, G. K., Hogl, B., & Poewe, W. (2009). Restless legs syndrome in Parkinson's disease. *Movement Disorders*, *24*, 2076–2080.
- Pratt, D. P. (2016). Restless legs Syndrome/Willis-Ekbom disease and periodic limb movements: A comprehensive review of epidemiology, pathophysiology, diagnosis and treatment considerations. *Current Rheumatology Reviews*, *12*, 91–112.
- Saletu, B., Anderer, P., Saletu, M., Hauer, C., Lindeck-Pozza, L., & Saletu-Zyhlarz, G. (2002). EEG mapping, psychometric, and polysomnographic studies in restless legs syndrome (RLS) and periodic limb movement disorder (PLMD) patients as compared with normal controls. *Sleep Medicine*, *3*(Suppl. November), 35–42.
- Scholz, H., Trenkwalder, C., Kohnen, R., Riemann, D., Kriston, L., & Hornyak, M. (2011a). Dopamine agonists for restless legs syndrome. *The Cochrane Database of Systematic Reviews*. doi:[10.1002/14651858.CD006009.pub2](https://doi.org/10.1002/14651858.CD006009.pub2).
- Scholz, H., Trenkwalder, C., Kohnen, R., Riemann, D., Kriston, L., & Hornyak, M. (2011b). Levodopa for restless legs syndrome. *The Cochrane Database of Systematic Reviews*. doi:[10.1002/14651858.CD005504](https://doi.org/10.1002/14651858.CD005504).
- Spiczak, S. von, Whone, A. L., Hammers, A., Asselin, M. C., Turkheimer, F., Tings, T., Happe, S., Paulus, W., Trenkwalder, C., & Brooks, D. J. (2005). The role of opioids in restless legs syndrome: An [11C]diprenorphine PET study. *Brain*, *128*, 906–917.
- Stiasny-Kolster, K., Kohnen, R., Moller, J. C., Trenkwalder, C., & Oertel, W. H. (2006). Validation of the "L-DOPA test" for diagnosis of restless legs syndrome. *Movement Disorders*, *21*, 1333–1339.
- Sun, Y. M., Hoang, T., Neubauer, J. A., & Walters, A. S. (2011). Opioids protect against substantia nigra cell degeneration under conditions of iron deprivation: A mechanism of possible relevance to the restless legs syndrome (RLS) and Parkinson's disease. *Journal of the Neurological Sciences*, *304*, 93–101.
- Trenkwalder, C., Benes, H., Grote, L., Happe, S., Hogl, B., Mathis, J., Saletu-Zyhlarz, G.M., & Kohnen, R. (2007). Cabergoline compared to levodopa in the treatment of pati-

- ents with severe restless legs syndrome: Results from a multi-center, randomized, active controlled trial. *Movement Disorders*, 22, 696–703.
- Trenkwalder, C., Hening, W. A., Montagna, P., Oertel, W. H., Allen, R. P., Walters, A. S., Costa, J., Stiasny-Kolster, K., & Sampaio, C. (2008). Treatment of restless legs syndrome: An evidence-based review and implications for clinical practice. *Movement Disorders*, 23, 2267–2302.
- Tzonova, D., Larrosa, O., Calvo, E., Granizo, J. J., Williams, A. M., de la Llave, Y., & Garcia-Borreguero, D. (2012). Breakthrough symptoms during the daytime in patients with restless legs syndrome (Willis-Ekbom disease). *Sleep Medicine*, 13, 151–155.
- Walters, A. S. (1995). Toward a better definition of the restless legs syndrome. The international restless legs syndrome study group. *Movement Disorders*, 10, 634–642.
- Walters, A. S., & Rye, D. B. (2009). Review of the relationship of restless legs syndrome and periodic limb movements in sleep to hypertension, heart disease, and stroke. *Sleep*, 32, 589–597.
- Walters, A. S., LeBrocq, C., Dhar, A., Hening, W., Rosen, R., Allen, R. P., & Trenkwalder, C. (2003). Validation of the international restless legs syndrome study group rating scale for restless legs syndrome. *Sleep Medicine*, 4, 121–132.
- Willis, T. (1685). *The London practice of physick*. London: Basset & Crooke.
- Wittmaak, T. (1861). *Lehrbuch der Nervenkrankheiten auf Grundlage physiologischer Begriffsbestimmung des Krankseins und mit steter Berücksichtigung der Untersuchungs-Ergebnisse bis auf die Gegenwart* (Bd. 1). Leipzig: Ernst Schäfer.

Lesen Sie hier weiter



Christian Schmincke

Ratgeber Polyneuropathie und Restless Legs

Leben mit tauben Füßen,
schmerzenden und
unruhigen Beinen

2017, XVI, 268 S., 76 Abb. in Farbe
Softcover: € 19,99
ISBN 978-3-662-50357-7

Änderungen vorbehalten.
Erhältlich im Buchhandel oder beim Verlag.

Einfach portofrei bestellen:
leserservice@springer.com
tel +49 (0)6221 345-4301
springer.com

 **Springer**