Restless Legs Syndrome and MS

by NEWLIFEOUTLOOK TEAM

What’s the Connection Between RLS and MS?

People with multiple sclerosis (MS) are five times more likely to lose sleep over restless legs syndrome (RLS) than the general population — however, the reason for this is not entirely known.

RLS is an uncomfortable — and often painful — condition affecting the nervous system. People with MS note feeling sensations such as pinching, crawling, tingling, among others, while in bed at night.

These feelings lead to an intense urge to move your legs, as the sensations feel worse when you’re still. MSers often confuse RLS with MS spasms, which can make diagnosis and treatment more difficult.

On top of being an unpleasant experience, RLS can seriously impede on sleep, which can make MS symptoms worse.

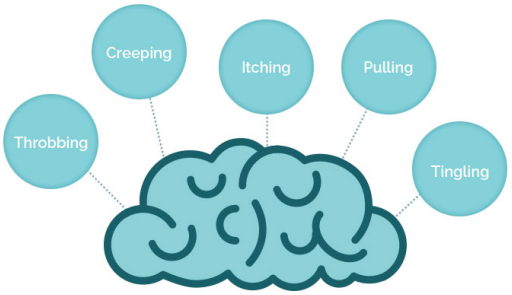
If you believe you’re experiencing RLS, it’s important to see your doctor so you can receive proper treatment and avoid fatigue.



SENSATIONS

RLS is a neurological condition that causes uncomfortable, sometimes painful sensations in the legs, triggering uncontrollable urges to move. It is most noticeable at night, and often impedes sleep.

These sensations can be described as:



Lack of sleep can lead to flare-ups,
so it's crucial to get your RLS checked out.



HOW IS RLS TREATED?

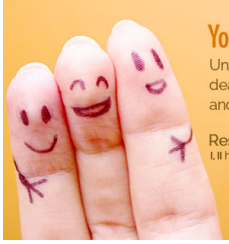
Massage, exercise, heat/ice packs, and hot baths may also help reduce discomfort, but will not likely eliminate RLS.

If natural remedies aren't helping RLS, your doctor may prescribe you medication so your sleep doesn't suffer: [II]

- ★ Dopamine
- ★ Sedatives
- ★ Opioids
- ★ Anticonvulsants

The exact connection between autoimmune diseases and RLS is not yet known, but it could be due to how nerve signals are transmitted.





You Are Not Alone

Until a proper cure is found, know you are not alone in dealing with your condition and RLS! Relief and support is out there.

Resources:
I, II http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm

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