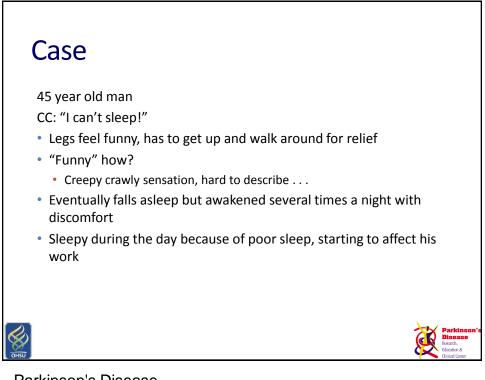
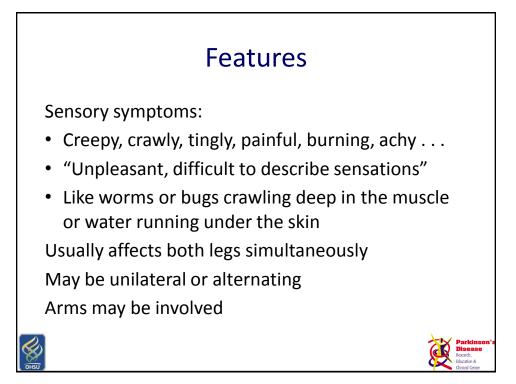
## RLS Restless Legs Syndrome

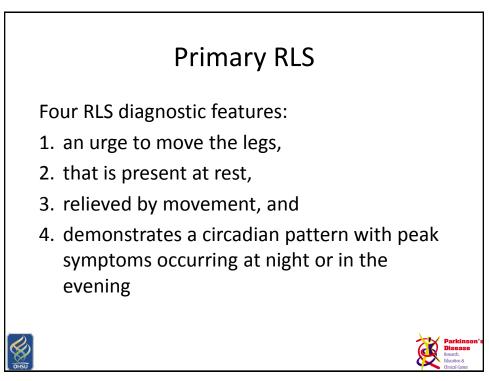
### **Elise Anderson MD**

Movement Disorders Fellow Portland VA Medical Center – NW PADRECC OHSU – Parkinson's Center of Oregon







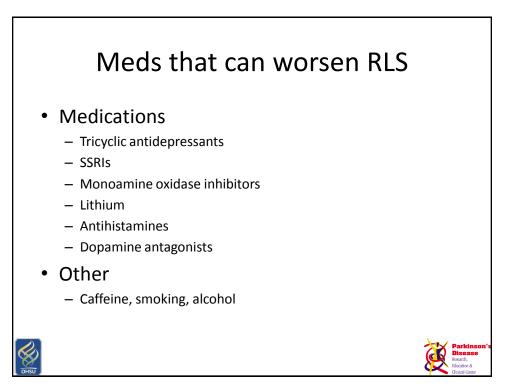




Medical conditions associated with RLS:

- Iron-deficiency anemia
- Peripheral neuropathy
- End-stage renal disease
- Pregnancy
- Commonly comorbid with Parkinson's disease

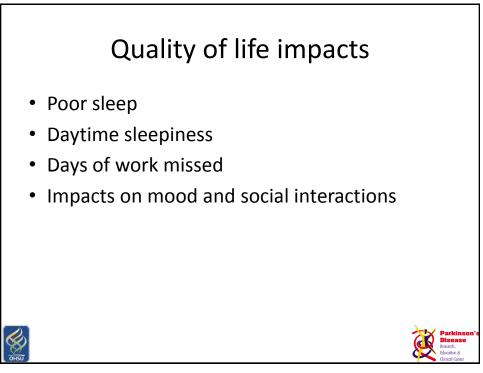


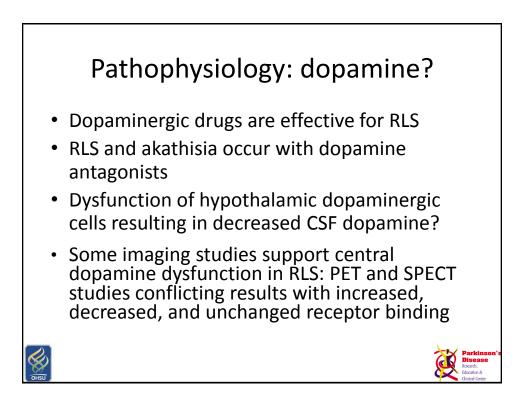


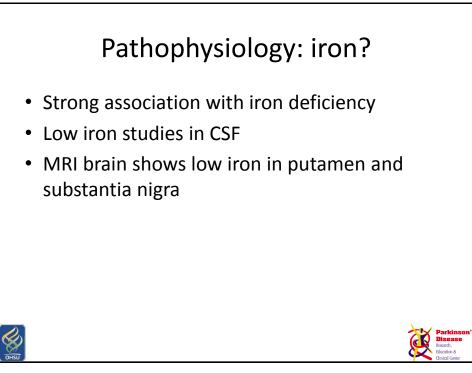
# Background Prevalence: 5-10% The most common movement disorder

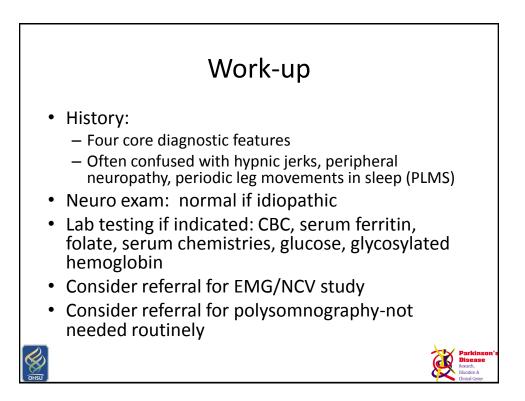
- Prevalence increases with age
- Age of onset is often < 30 years old
- Gradually progressive-so age at diagnosis is often in mid-life

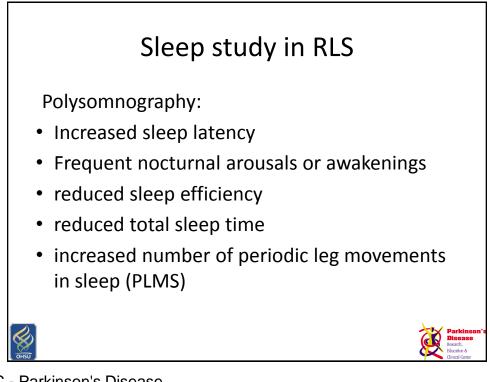


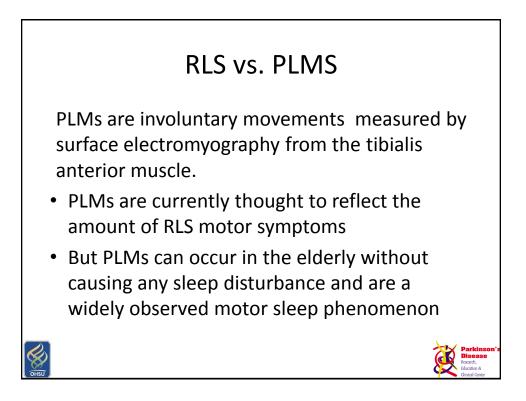


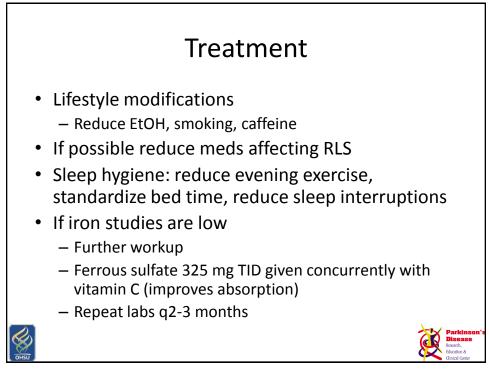


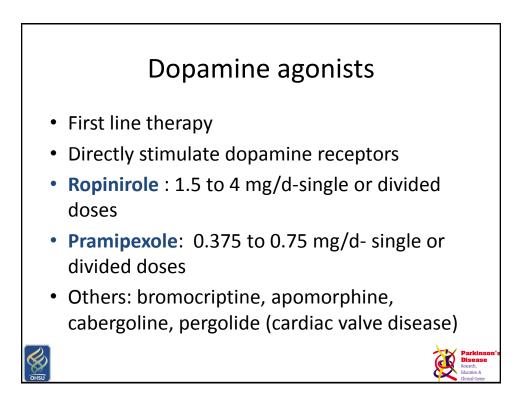


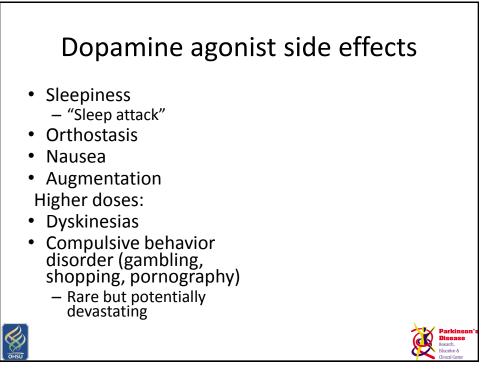












# Carbidopa/Levodopa

Combination pill (Sinemet)

- Levodopa converted to dopamine by brain
- Carbidopa stops breakdown of levodopa in blood
- Sinemet IR 25/100, half or full tab at bedtime
- Sinemet CR (controlled release) 25/100 at bedtime

#### BUT . . .

- Augmentation and rebound are common
- Consider using carbidopa as adjunctive or PRN only for intermittent RLS



