

"RESTLESS LEGS" SYNDROME - THE MOST COMMON DISORDER YOU HAVE NEVER HEARD OF: A CASE REPORT

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Restless legs syndrome (RLS) is a chronic neurological disorder and a clearly defined pathological condition characterized by four necessary and sufficient clinical symptoms, which are at the same time essential diagnostic criteria. RLS is clinically defined by the presence of an irresistible need for legs to move, with or without the feeling of paraesthesia, worsening of symptoms during rest and improvement with activity, and the onset or worsening of subjective problems in the evening or at the night.

The onset of symptoms is most common in the fifth and sixth decade of life, with a prevalence of about 10% in the general population of Europe and North America. Women are more likely to get the disorder than men, in a 2:1 ratio.

A 48-year-old patient turned to a neurologist because of her feelings of "tingling, burning, and uneasiness" in her legs, which were present for 6-7 months. The neurological finding was within the framework of physiological, non-pathological focal expression. After testing, pramipexole therapy was prescribed, which caused a significant reduction in the symptoms.

Patients use variable semantic phrases to describe their symptoms, but everyone has an irresistible need for movement. Due to the heterogeneity of subjective symptoms, sensory and motor symptoms of RLS were often attributed to other illnesses, and many patients remained undiagnosed and undetected. RLS is associated with a significant reduction in quality of life, comparable to that seen in chronic diseases such as diabetes and depression. Significant unrecognized and inadequate treatment of RLS indicates that better education about this disorder is needed.

Acta Medica Medianae 2020;59(2):120-124.

Key words: *restless legs syndrome, polysomnography, dopaminergic agonists*