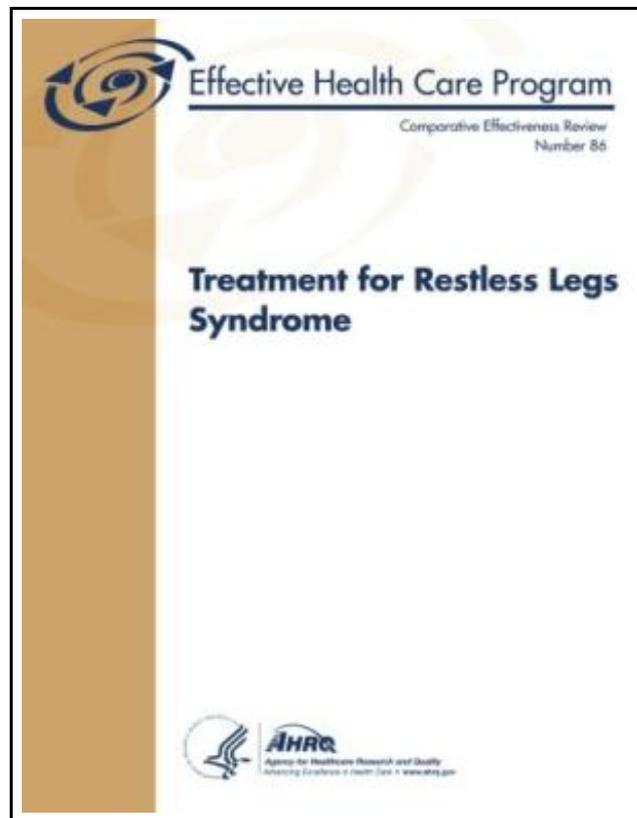


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Createspace, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Restless legs syndrome (RLS) is a neurological disorder characterized by unpleasant sensations in the legs and a distressing, irresistible urge to move them. RLS can result in reduced quality of life and interrupt sleep, leading to daytime fatigue. However, effective treatment options are not well established and there is little guidance on diagnosis and treatment. A comprehensive review of the effectiveness and harms of treatments for RLS could lead to improved care for individuals with the syndrome. RLS is defined and diagnosed based solely on clinical criteria. The essential diagnostic criteria for RLS were established by the International Restless Legs Syndrome Study Group in 1995 and revised in 2003. RLS symptoms are triggered by rest or inactivity and worsen at night. Movement such as walking, stretching, or bending the legs provides partial or complete relief. Yet, relief is temporary, and symptoms return when movement ceases. RLS varies in symptom severity and frequency. Mild RLS may cause minor annoyance, but severe RLS can interfere with work, social activities, function, and emotional well-being. RLS induced sleep disruption may lead to poor daytime functioning, anxiety, and depression. Sleep deprivation and daytime fatigue are common reasons RLS patients seek treatment. The primary goal of RLS treatment is to reduce or eliminate symptoms and improve patient function, sleep, and quality of life. For patients with RLS believed to be secondary to other conditions (e.g., iron deficiency), treating the underlying condition first is recommended. RLS associated with pregnancy typically resolves postpartum; however, little is known about women with pregnancy-induced RLS, whose symptoms persist after delivery. We conducted a systematic review of the effectiveness and harms of RLS treatments with the primary intent to conduct...

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