

Restless legs syndrome (impatience in the legs)

The restless legs syndrome, also called a restless leg, or nocturnal restlessness, is a neurological disorder that causes an uncontrollable urge to move the legs. This need arises from discomfort in the lower limbs - tingling, burning sensations - the intensity of which varies significantly from one person to another. These unpleasant sensations occur, particularly during periods of relaxation or inactivity. As a result, it can be very difficult to just rest, sit still for a meeting, or travel by plane, for example.

Since symptoms like [swollen legs](#) appear mainly in the evening and at night, drowsiness is more complicated. Chronic insomnia can result in fatigue and drowsiness during the day, substantially altering the quality of life. Some people even report having the sensation, upon waking, of having walked all night.



Who is affected?

In North America and France, about 1 in 10 people suffer from restless legs syndrome. According to epidemiological studies, it is more frequent in certain populations: this is the case of northern Italians and French Canadians. In Quebec, around 15% of people have this syndrome. This is due to a genetic abnormality, passed from generation to generation.

The disease is clinically significant, moderate to severe, in approximately 3% of the adult population and 0.5% in children.

Restless Leg Syndrome Causes

For the majority of cases, the cause remains unknown. Physiologically, it is known that it is a neurological disorder that would imply a lack of dopamine in the brain and the spinal cord.

Dopamine is an essential chemical compound that allows nerves to communicate with each other and to regulate movement.

They can be distinguished as the [Primary Restless Leg Syndrome](#) form (idiopathic) and the secondary form. The primary form has no known cause. It is often familial and often begins in early adulthood. Eight genetic loci have been identified, and these anomalies are found in 70% of cases in the primary form. It gradually worsens and reaches its peak between 40 and 60 years. In Quebec, approximately 1 in 2 cases of restless leg syndrome occur in people who have the primary form.



Secondary Restless Leg Syndrome is associated with the following conditions:

An iron deficiency: Lack of iron could hinder dopamine production, even if the deficiency is not enough to talk about anemia. Iron is involved in the production of dopamine in the brain. The research found in 88 children with ADHD that a third also had restless legs syndrome and that they were more likely to have an iron deficiency.

The pregnancy: It can trigger or worsen symptoms, especially during the last trimester. In the first case, these tend to disappear within two weeks of childbirth.

A deficiency in folic acid (vitamin B9)

The caffeine

Obesity slightly increases the risk of cramps.

Diagnostic

To make a **Restless Leg Syndrome Diagnosis Near Me**, the doctor bases himself on the description of the symptoms, the medical history, and family history. Certain muscle or blood tests (levels of ferritin, hemoglobin, folic acid, vitamin B12, glucose, and creatinine, thyroid) are sometimes suggested. If necessary, the general practitioner offers to consult a neurologist. This one will be able, if necessary, to observe with the polysomnograph the quality of sleep during a night spent in a sleep study center.