

All the things that you should know about restless legs syndrome

The syndrome of restless legs is a neurological disorder characterized by the appearance of a non - painful leg requiring the mobilization of the same uneasy feeling.



Symptoms may appear or worsen with rest or at night when the patient is in bed.

In some cases, restless leg syndrome may be due to injury to the peripheral nerves, decreased iron build-up, or increased uric acid in the blood. You can find [Restless Leg Syndrome Treatment Near Me](#).

However, a cause of restless leg syndrome is not evident in most patients and is defined as idiopathic. In the latter, there may be a component of genetic predisposition, since at least a third of patients have a family history.

On the other hand, it is believed that the origin of this syndrome may be related to a decrease in dopamine, which is a brain neurotransmitter necessary for the realization and coordination of movements.

What are the usual symptoms?

Mostly, it consists of an unpleasant sensation, difficult to describe, in the legs that appears when lying down or with rest, and that transiently improves when moving them.

These **Leg Swelling Symptoms**, occurring fundamentally at night, while in bed, interfere with adequate rest.

Up to 80% of patients also associate involuntary leg movements during sleep, and a smaller percentage report this type of movement also during wakefulness, while sitting or lying down.

The most common symptoms are:

- **Feet Swelling Symptoms**
- Unpleasant feeling in the legs.
- Involuntary leg movement.

Heavy Legs Syndrome Causes

Little is known about the origin of restless legs syndrome. However, we know that it is linked to two factors: iron deficiency (with or without anemia) and lack of dopamine in the brain and spinal cord.



The primary or familial form of restless leg syndrome has a genetic origin. The secondary form, on the other hand, can have multiple causes :

- diabetes
- multiple sclerosis
- kidney failure
- rheumatoid arthritis
- fibromyalgia
- pregnancy
- certain medications
- consumption of tobacco or alcohol

How is it diagnosed?

The diagnosis of restless legs syndrome is clinical and is based on the presence of four essential diagnostic criteria:

The irresistible need to move the legs, usually accompanied by an uncomfortable feeling in them.

Onset or worsening of symptoms with rest or lying down or sitting.

Improvement or cessation of symptoms after moving the legs

Appearance or predominance of symptoms during the afternoon or night

Heavy Leg Syndrome Treatment

Treatment of secondary restless leg syndrome should be directed at the cause that causes it, for example, administering iron when a decrease in iron accumulations in the blood is evident.

On the other hand, the **Restless Leg Syndrome Treatment Houston** for idiopathic restless legs syndrome is dopaminergic drugs (ropinirole, rotigotine, pramipexole, or levodopa).

Due to its great effectiveness in controlling the symptoms of this entity, it is suggested that dopamine is involved in the appearance of this clinical picture.

Other alternatives are certain antiepileptic drugs such as gabapentin, pregabalin, topiramate, or carbamazepine. In the third line, opiate drugs such as oxycodone are recommended.

Things to do in the condition of restless legs disease

If symptoms of restless legs syndrome appear, there are steps you can take to relieve them :

- get up and walk for a few minutes
- massage the legs
- apply compresses
- maintain your attention on another activity