Fibromyalgia and Restless Legs Syndrome

by NEWLIFEOUTLOOK TEAM

Experiencing RLS and Fibromyalgia

A recent study has found that 33 percent of people with fibromyalgia also experience restless legs syndrome (RLS), a neurological condition that is much more menacing than it sounds.

“Sleep disruption is common in fibromyalgia and often difficult to treat,” says Nathaniel F. Watson, one of the researchers.

“It is apparent from our study that a substantial portion of sleep disruption in fibromyalgia is due to restless legs syndrome.”

RLS causes uncomfortable and painful sensations like throbbing, burning, and tingling, typically at night. The only way to relieve the pain is to constantly move your legs, which leads to sleepless nights and fatigue.

As those with fibro well know, fibro fatigue doesn’t make you feel any better. In fact, it can actually lead to flare-ups and even more pain.

So, if you think you’re experiencing RLS, it’s important to get it checked out. There are treatments available to minimize the symptoms so you can get a good night’s sleep again!

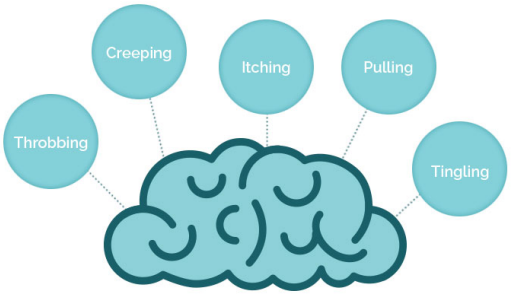
WHAT IS Restless Legs SYNDROME?

Restless legs syndrome (**RLS**) and autoimmune diseases often occur together.

SENSATIONS

RLS is a neurological condition that causes uncomfortable, sometimes painful sensations in the legs, triggering uncontrollable urges to move. It is most noticeable at night, and often impedes sleep.

These sensations can be described as:



Lack of sleep can lead to flare-ups,
so it's crucial to get your RLS checked out.

STAY AWAY FROM

TOBACCO ALCOHOL CAFFEINE

These substances may worsen RLS symptoms.[I]

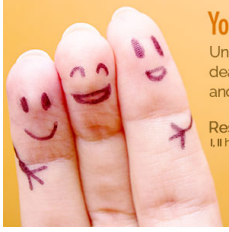
HOW IS RLS TREATED?

Massage, exercise, heat/ice packs, and hot baths may also help reduce discomfort, but will not likely eliminate RLS.

If natural remedies aren't helping RLS, your doctor may prescribe you medication so your sleep doesn't suffer: [II]

- ★ Dopamine
- ★ Sedatives
- ★ Opioids
- ★ Anticonvulsants

The exact connection between autoimmune diseases and RLS is not yet known, but it could be due to how nerve signals are transmitted.



You Are Not Alone

Until a proper cure is found, know you are not alone in dealing with your condition and RLS! Relief and support is out there.

Resources:

I, II http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm

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