

European Restless Legs Syndrome Study Group

Annual Meeting, 9th – 10th December 2011

“Pavillon”, Klinikum Rechts der Isar, Munich, Germany



Agenda

Friday, 9th December 2011

08:30 – 18:00

08:30 – 08:40 **Welcome and introduction**
Birgit Högl (EURLSSG President), Innsbruck, Austria

Epidemiological and experimental data

(** *spotlight presentations 5-minutes and 5-minutes discussion*)

Chairpersons: **Marco Zucconi, Milan, Italy**
 Karin Stiasny-Kolster, Marburg, Germany

08:40 – 09:15 **Results from prospective cohort studies on RLS, with a focus on**
 - RLS and mortality
 - Incidence and risk factors of RLS
 - Change in RLS symptoms and/or severity over time
Klaus Berger, Münster, Germany

09:15 – 09:25 ** **RLS in a Georgian individuals with and without epilepsy –**
 A questionnaire study
Lia Maisuradze and Sofia Kasradze, Tbilisi, Georgia

09:25 – 09:35 ** **Restless legs syndrome and epilepsy**
Samson Khachatryan, Yerevan, Armenia

09:35 – 09:45 ** **RLS severity symptoms in relation to environmental and habitual conditions**
 - **the Mediterranean example. Acronym: HappyFeet**
Georgios Hadjigeorgiou, Larissa, Greece

09:45 – 09:55 ** **The A11 diencephalospinal pathway in non-human primates is not**
 dopaminergic
Imad Ghorayeb, Bordeaux, France

09:55 – 10:05 ** **Skeletal muscle morphology in patients with RLS**
Britta Wählin-Larsson, Örebro, Sweden

10:05 – 10:15 ** **Effects of transcutaneous spinal direct current stimulation in patients with**
 idiopathic RLS
Cornelius Bachmann, Göttingen, Germany

10:15 – 10:45 Coffee break and discussion

Clinical Findings I

Chairpersons: Magdolna Hornyak, Freiburg, Germany
Georgios Hadjigeorgiou, Larissa, Greece

- 10:45 – 11:00 **Validation of a new interview method for the diagnosis of RLS augmentation (RLS-AUDI)**
Heike Benes, Schwerin, Germany
- 11:00 – 11:15 **Validation study of a patient-reported IRLS**
Ralf Kohnen, Nuremberg, Germany
- 11:15 – 11:30 **Experience with the Johns Hopkins RLS Diagnostic Interview**
Thomas Mitterling, Innsbruck, Austria
- 11:30 – 11:40 ** **Occurrence of periodic limb movements in primary insomnia**
Michaela Sebert, Berlin, Germany
- 11:40 – 11:50 ** **Periodic limb movements in sleep as a potential cardiovascular risk factor in hemodialysis patients: association to cardiac structure and function**
Christoforos Giannaki, Larissa, Greece
- 11:50 – 12:00 ** **Subjective and objective measures of excessive daytime sleepiness in RLS**
Hildegard Hidalgo, Zürich, Switzerland
- 12:00 – 12:30 Discussion
- 12:30 – 13:30 Lunch**

Clinical Findings II

(** *spotlight presentations 5-minutes and 5-minutes discussion*)

Chairpersons: Olli Polo, Turku, Finland
Rosalia Silvestri, Messina, Italy

- 13:30 – 13:40 ** **Searching for Silent Strokes in Magnetic Resonance Imaging of Patients with Restless Legs Syndrome and Controls**
Raffaele Ferri, Troina, Italy
- 13:40 – 13:50 ** **Iron and glutamate in RLS**
Richard Allen, Baltimore, USA
- 13:50 – 14:00 **Restless legs syndrome (RLS) in children: presenting symptoms**
Al de Weerd, Zwolle, The Netherlands
- 14:00 – 14:30 Discussion

Treatment Options:

(** *spotlight presentations 5-minutes and 5-minutes discussion*)

Chairpersons: Diego Garcia Borreguero, Madrid, Spain
Claudia Trenkwalder, Kassel, Germany

- 14:30 – 14:40 ** **Change of psychosocial impairment during treatment of RLS: what can we learn from randomized controlled trials?**
Hanna Scholz, Freiburg, Germany
- 14:40 – 14:50 ** **Time course of response to intravenous iron in RLS**
Magdolna Hornyak, Freiburg, Germany

- 14:50 – 15:00 ** **Peripheral nerve compressions in the lower extremities aggravating RLS Severity: a new therapeutical option for selected patients**
Martin Raghunath, Munich/Frankfurt, Germany
- 15:00 – 15:10 ** **Assessing the efficacy and safety of botulinum toxin type A in patients with RLS (unpublished data)**
Imad Ghorayeb, Bordeaux, France
- 15:10 – 15:20 ** **Overview on non-pharmacological interventions in RLS**
Giorgos Sakkas, Larissa, Greece
- 15:20 – 15:30 ** **Current Status of RLS in Finland**
Markku Partinen, Espoo, Finland
- 15:30 – 16:00 **Coffee break**

State-of-the-art and other news

Chairpersons: **Juliane Winkelmann, Munich, Germany**
Birgit Högl, Innsbruck, Austria

- 16:00 – 16:20 **RLS name change: current plans**
A report from the IRLSSG meeting September 2011 in Quebec
Diego Garcia Borreguero, Madrid, Spain
- 16:20 – 16:30 **Update on genetics**
Juliane Winkelmann, Munich, Germany
- 16:30 – 16:40: **A unifying model of RLS: 2011 update**
Olli Polo, Tampere, Finland
- 16.40 – 16.50 **Development of the brain bank**
Lilo Habersack, Munich, Germany

EURLSSG e.V. Business Meeting: (*EURLSSG members only*)

- 17.00 – 18:00 **General Meeting of the EURLSSG**
- 19:00 **Dinner at the restaurant “Ritzi”, Maria-Theresia-Strasse 2a**

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Agenda Workshop:

Saturday, 10th December 2011, 09:00 – 13:15

OBJECTIVE VS SUBJECTIVE MEASURES FOR DIAGNOSIS AND TREATMENT OF RLS

Chairmen: Marco Zucconi and Raffaele Ferri

09:00 – 09:10 **Welcome and Introduction:** Marco Zucconi

Objective

09:10 – 09:30 **PLMS as a tool for the diagnosis of RLS and the evaluation of drug effects**
Mauro Manconi, Switzerland

09:30 – 09:50 **Do PLMW and SIT improve the specificity of PLMS for the diagnosis and treatment effect evaluation in RLS?**
Diego Garcia Borreguero, Spain and Marco Zucconi, Italy

09:50 – 10:10 **Do sleep macro- and microstructure add something to the diagnosis and treatment effect evaluation in RLS?**
Raffaele Ferri, Italy

10:10 – 10:30 **Is there a role for the pharmacologic tests?**
Karin Stiasny-Kolster, Germany

10:30 – 10:50 **Role and limits of actigraphy?**
Richard Allen, USA and Birgit Högl, Austria

10:50 – 11:10 **Which is the role of peripheral nerve investigation for RLS diagnosis?**
Cornelius Bachmann, Germany

11:10 – 11:30 Coffee Break -

Subjective

11:30 – 11:50 **RLS Diagnostic Index vs. IRLSSG criteria and other questionnaires for the diagnosis of RLS**
Heike Benes, Germany

11:50 – 12:10 **IRLS, RLS-6 and other severity scales to measure the effect of treatment for RLS**
Ralf Kohnen, Germany

12:10 – 12:30 **Quality of life (QoL) and depression/anxiety symptom measures for the assessment of treatment in RLS**
Jan Wesström, Sweden

12:30 – 12:50 **Other subjective items/scales to test RLS complications or side effects (augmentation, impulsive control disorders, etc)**
Rosalia Silvestri, Italy

12:50 – 13:15 **Final Discussion**

13:15 - Lunch -

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