

RESTLESS LEGS

Restless leg syndrome is a poorly understood condition that is frequently described as a general restlessness or uneasiness to the legs while one is sitting quietly, usually at the end of the day and frequently at night when trying to get to sleep. One has the constant impulse to move one's leg(s) gaining only temporary relief of symptoms. It can be a very aggravating and irritating situation. While this may be a true disease entity of its own, it is poorly understood and there are many medicines currently prescribed, which are usually some form of tranquilizer or sedative, some of which bring temporary relief.

At The Wisconsin Vein Center, we see a number of individuals who have venous insufficiency and also have restless legs who are improved with their restlessness once their venous insufficiency has been resolved and properly treated. Much research is ongoing. I would direct the reader to websites dealing with "*restless leg syndrome*" and the Restless Leg Foundation to further expand one's knowledge base about this condition.

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