



Psoriasis and Restless Legs Syndrome

by NEWLIFEOUTLOOK TEAM

Connecting RLS and Psoriasis

People with psoriasis may be losing sleep over restless legs syndrome (RLS), a neurological disorder that causes itching, burning sensations in the legs.

RLS also causes sensations like throbbing, creeping, and tingling. The sensations usually occur at night while you're lying still, and can make you lose sleep and feel fatigued.

One recent study looked at the relationship between RLS and psoriasis, as well as psoriatic arthritis. Researcher Callis Duffin says it can lead to a "vicious cycle."

"The hurting and itching leads to poor sleep, which leads to fatigue, which leads to more pain and itching, which leads to even worse sleep."

Typically the only way to relieve the uncomfortable sensations is to move your legs. This is also common in other autoimmune diseases, such as lupus and MS.

The exact link between RLS and psoriasis isn't known, but it is likely due to how nerve signals are transmitted. It may be daunting that there's no cure, but you are not alone!

Treatment to ease the pain is out there, as is support from loved ones and others going through the same thing.

WHAT IS Restless Legs SYNDROME?

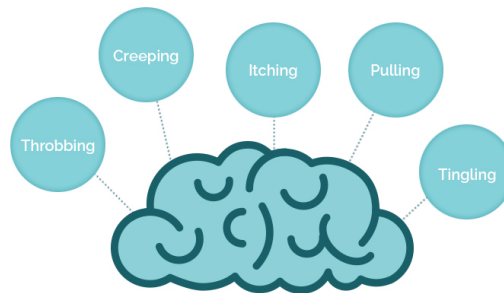
Restless legs syndrome (RLS) and autoimmune diseases often occur together.



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.¹

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: "

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

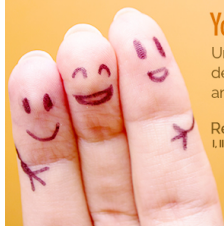
The exact connection between autoimmune diseases and RLS is not yet known, but it could be due to how nerve signals are transmitted.



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:
1. http://www.ninds.nih.gov/disorders/restless_legs/detail_restless_legs.htm



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