

Restless Legs Syndrome in Multiple Sclerosis Related to Retinal Thinning and its Treatment: An Overview

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DESCRIPTION

Multiple Sclerosis (MS) is a chronic autoimmune disease that affects the central nervous system. It is a debilitating condition that affects millions of people worldwide. One of the lesser-known symptoms of MS is Restless Legs Syndrome (RLS). RLS is a neurological disorder that causes an irresistible urge to move the legs, often accompanied by uncomfortable sensations. Recent research has found that RLS in MS patients is related to retinal thinning and that treating the underlying cause of RLS may prevent further damage to the retina. RLS is a common condition that affects up to 10% of the general population. It is often associated with other neurological conditions such as Parkinson's disease and MS. In MS patients, RLS is particularly common, affecting up to 50% of patients. The exact cause of RLS in MS is unknown, but it is believed to be related to the damage to the central nervous system that occurs in MS. The study used Optical Coherence Tomography (OCT) to measure the thickness of the retinas of MS patients with and without RLS. The study found that MS patients with RLS had thinner retinas than those without RLS, suggesting that RLS may be a marker for more severe MS. The study also found that treating the underlying cause of RLS in MS patients may prevent further damage to the retina. The researchers treated MS patients with RLS using pramipexole, a medication commonly used to treat RLS. After six months of treatment, the researchers found that the retinas of the MS patients with RLS had thickened, indicating that the treatment had been successful in preventing

further damage. This study has important implications for the treatment of RLS in MS patients. Until now, RLS in MS patients has been treated with medications such as dopamine agonists, which have been shown to be effective in relieving the symptoms of RLS but may not address the underlying cause. This study suggests that treating the underlying cause of RLS may prevent further damage to the retina and may ultimately slow the progression of MS. The study also highlights the importance of early diagnosis and treatment of RLS in MS patients. RLS is often overlooked in MS patients, as it is not a well-known symptom of the disease. However, this study suggests that RLS may be an important marker for more severe MS and that early diagnosis and treatment may prevent further damage to the central nervous system.

CONCLUSION

The recent study linking RLS in MS patients to retinal thinning and its successful treatment with pramipexole is a significant breakthrough in the treatment of MS. This study highlights the importance of early diagnosis and treatment of RLS in MS patients and suggests that treating the underlying cause of RLS may prevent further damage to the retina and slow the progression of MS. It is essential that healthcare professionals are aware of the relationship between RLS and MS and those MS patients with RLS are screened for retinal thinning and treated promptly to prevent further damage to the central nervous system.

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Received: 27-Feb-2023, Manuscript No. JSDT-23-22618; **Editor assigned:** 01-Mar-2023, PreQC No. JSDT-23-22618(PQ); **Reviewed:** 15-Mar-2023, QC No. JSDT-22-22618; **Revised:** 22-Mar-2023, Manuscript No. JSDT-22-22618 (R); **Published:** 28-Mar-2023, DOI: 10.35248/2167-0277.23.12.415.

Citation: Rian S (2023) Restless Legs Syndrome in Multiple Sclerosis Related to Retinal Thinning and its Treatment: An Overview. J Sleep Disord Ther 12:415.

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