

MEETING ABSTRACT

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Evaluation of restless legs syndrome symptoms in patients with and without the diagnosis of type 2 diabetes mellitus

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Background

Restless legs syndrome (RLS) is a neurological sleep disorder. Literature suggests association between RLS and diabetes, but few studies have been done evaluating the association between these conditions [1].

Objective

Evaluate the prevalence of RLS symptoms in patients with and without the diagnosis of Type 2 Diabetes Mellitus (DM2).

Materials and methods

Case control study. 112 individuals were studied, 28 with DM2 (cases) and 84 without DM2 (controls), in a medical clinic specialties at Tubarão, Brazil. They answered a questionnaire with socio demographic questions, information about diabetes and to the four minimum criteria, defined by The International Restless Legs Syndrome Study Group (IRLSSG), for RLS diagnosis [2]. Furthermore, they were subjected to the Epworth Sleepiness scale and the IRLSSG rating scale, both translated and validated to Portuguese[3,4].

Results

Among the cases, 21.4% presented RLS, compared to 14.3% in controls ($p=0.269$). The group with DM2 showed higher prevalence of Excessive daytime Sleepiness (EDS) (21.4% vs. 13.1%; $p=0.219$), and had higher scores in the IRLSSG rating scale ($23,3\pm 11,3$ vs. $15,7\pm 6,5$; $p=0.086$). Correlating severity of RLS with glycemia, we obtained a Pearson correlation of 0.698 ($p=0.003$).

Conclusions

DM2 patients have a higher, but non-significant prevalence of RLS symptoms and EDS than the non-diabetics. It has been found a correlation between RLS severity and glycemia.

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