

October 20, 2013
So Calif RLS/WED Support Group Meeting
Discussion topics
Outbrief

This section will include triggers and coping strategies that have not been tested by the standard, accepted scientific method. These treatments have not undergone the rigorous clinical trials and statistical analysis that the treatments accepted by the medical professional community have all passed. Because of this lack of proper testing, we can neither recommend or condemn the treatments detailed below.



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So Calif RLS/WED Support Group Meeting Discussion topics

- Before starting drug therapy for WED/RLS, some try a non-pharmaceutical approach. This includes identifying and avoiding factors in your life that may trigger symptoms or exacerbate your WED/RLS. **What triggers do you personally have?**
- Learning methods to cope with your WED/RLS symptoms can significantly improve your quality of life. **Have your WED/RLS symptoms changed due to trying a new coping method and, if so, what is it that helps you cope? For instance, have you made any lifestyle changes?**



Discussion output:

What triggers do you personally have?

Note: Many of the following triggers are unverified by scientific investigation.

- Chocolate
- Coffee/caffeine
- Ice cream
- Cold temperature
- Diet soda
- Fear/anxiety
- Salt/MSG
- Driving
- Allergy meds
- Back pain
- Sitting too long
- Stress
- Cramps
- Pain
- Iron deficiency
- Beef
- Birth of children
- Trauma
- Liquor
- Laying down



Discussion output: Triggers (cont'd)

Note: Many of the following triggers are unverified by scientific investigation.

- Sleep deprivation
- Timing of day
- Operation
- Fatigue/too tired
- Mental or physical stress
- Pain, eg from lifting
- Poor circulation
- Riding in car
- Dehydration
- Idle – not as bad with mental stimulation
- Back pain
- OTC sleep meds (Zquil)
- Injury
- Overexertion
- Neuropathy



Discussion topic: What is it that helps you cope?

Note: Many of the following coping strategies are unverified by scientific investigation.

- Tonic water/quinine
- Pickle juice
- Ice cream
- Exercise
- Potato chips
- Medication – 7 different ones
- Walking around/continuous motion
- Eating
- Raising legs
- Lay on leg
- Stretching
- Yogurt
- Alcohol
- Hot bath soak
- Body lotion
- Soap near bed
- Be patient to get sleep schedule back
- Heating pad/electric blanket
- Massage
- Hot shower