

Restless Leg Syndrome: the moving facts

Find out more at our free sleep seminar

Do you experience unpleasant sensations in your feet, legs or arms while at rest? These are often described as tingling, burning, jittery, or creeping and crawling sensations just under the skin of the legs.

Do you have an uncontrollable urge to move your legs or get up and walk around?

Do you have difficulty sitting through a meeting at work, watching a movie, having dinner with your family or relaxing with a book without the urge to move your legs?

Are your symptoms relieved with movement?

Are your symptoms worse in the evening?

Do you have difficulty falling or staying asleep?

Do constant leg or arm movements keep you or your bed partner from a good night of sleep?

Are you bothered by nighttime leg or arm twitching?

Are your parents or children bothered by similar symptoms?

The Institute of Sleep Medicine of DuPage Medical Group invites you to attend the next in our quarterly series of patient education seminars focusing on sleep issues. Dr. Andrew Korcek will discuss Restless Leg Syndrome (RLS) and associated periodic limb movements and their effect on sleep. RLS most often occurs in the evening and can severely disrupt sleep in addition to impacting daytime performance and quality of life.

After the presentation, there will be an open forum for questions dealing with general sleep issues, including obstructive sleep apnea and CPAP. All patients, families, caregivers and the community are invited to attend this free educational event. Food and beverages will be provided.

when

Wednesday, November 11, 2009 | 7:30 pm

where

1100 W. 31st Street, Third Floor, Downers Grove

To reserve a seat, please call 630 873 8895
by Monday, November 9th.

Food & beverages will be provided.

