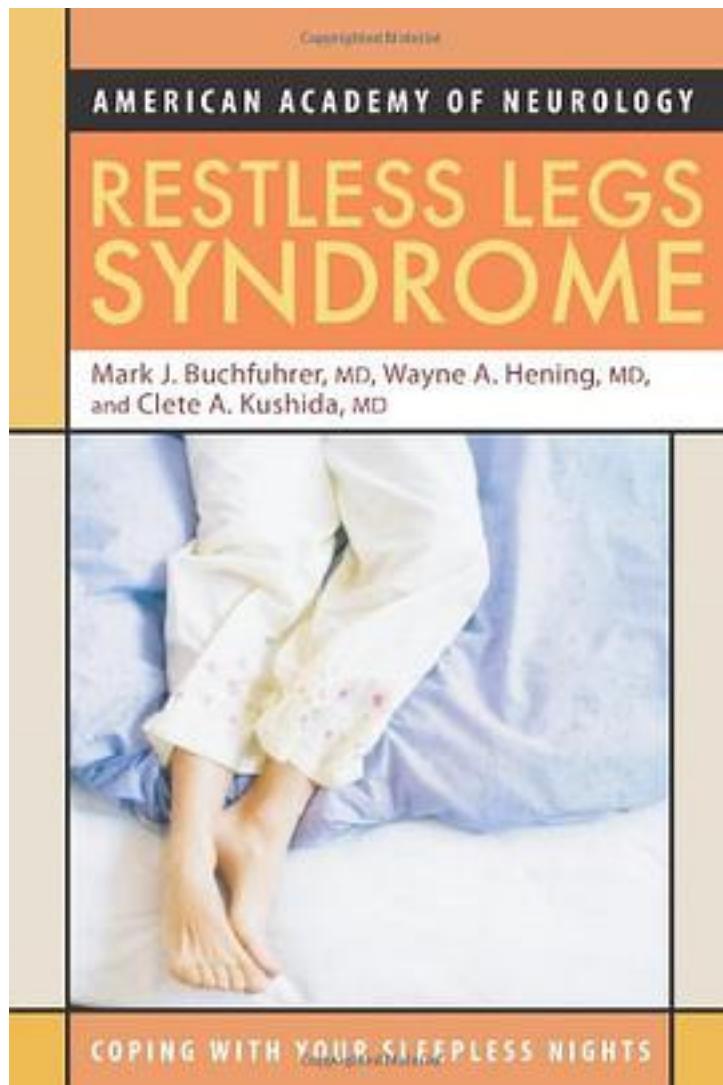


Restless Legs Syndrome



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出版者:Transition Vendor

出版时间:

装帧:Pap

isbn:9781932603576

"The Restless Legs Syndrome Foundation estimates that up to 8 percent of the population suffers with restless legs syndrome (RLS). The hallmark of this neurologic disorder is an irresistible urge to move, most commonly at night. It causes uncomfortable sensations often described as creeping, crawling, tugging, burning, or aching feelings in the calves, feet, thighs, and arms. These disruptive symptoms vary in severity and can result in difficulty staying or falling asleep, fatigue, and impaired daytime function resulting from loss of sleep. Written by respected leaders in this field and sponsored by the American Academy of Neurology, "Restless Legs Syndrome" explains what we know about RLS, including its causes and manifestations, and what can be done to manage it. Topics covered include:

Causes, symptoms, and diagnosis Treatments, including drug and non-pharmacologic therapy RLS in children Personal relationships and RLS Resources Lifestyle changes, dealing with daily activities, RLS triggers, and much more This indispensable guide will help millions of people to understand this condition so that they can take control of their lives and make informed decisions. It also will be a useful resource for families, caregivers, and health care providers."

作者介绍:

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