

PRAMIPEXOLE IMPROVES RESTLESS LEGS SYNDROME IN A PEDIATRIC PATIENT

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Objective: We describe a case of six year old girl whose Restless Legs syndrome (RLS) improved with Pramipexole.

Background: RLS is a neurological movement disorder characterized by an irresistible urge to move the legs accompanied by uncomfortable sensations that often occur in the evening or when at rest. RLS in children is estimated with a prevalence of 1.9 -2% for 8 to 17-year-olds. Symptomatic treatment of pediatric RLS is often difficult with available medications.

Design: Case study with retrospective chart review

Results: A six year old girl presented with a two year history of difficulties initiating sleep. She had leg discomfort at night, an urge to move her legs and improvement of symptoms when she moved her legs. There were no daytime RLS symptoms but the prolonged sleep onset at night led to reduced total sleep time, daytime sleepiness and impaired academic performance. The family history revealed maternal Fibromyalgia without RLS. The physical and neurological examination as well as PSG and Ferritin level were normal. Treatment was initiated with Clonazepam 0.25 mg at bedtime, later increased to 0.5 mg with initial good response. After one year of treatment, the effect of Clonazepam was diminished and Pramipexole 0.125 mg at bedtime was given. This low dose of Pramipexole improved her symptoms, shortened subjective sleep onset time, reduced the daytime sleepiness and seemed to have increased the estimated sleep efficiency.

Conclusions: The treatment of RLS in children is challenging with the absence of randomized trials. Pramipexole, a dopamine agonist FDA approved for adult RLS, may offer an alternative treatment for children with RLS, but trials are warranted to assess safety and efficacy in the patient population.