

WEBVTT

NOTE duration:"01:03:20.3500000"

NOTE recognizability:0.853

NOTE language:en-us

NOTE Confidence: 0.890202599

00:00:00.000 --> 00:00:02.850 Today I have the pleasure of

NOTE Confidence: 0.890202599

00:00:02.850 --> 00:00:05.152 introducing Doctor John Winkleman. Dr.

NOTE Confidence: 0.890202599

00:00:05.152 --> 00:00:07.564 Winkleman received his PhD in psychobiology

NOTE Confidence: 0.890202599

00:00:07.564 --> 00:00:09.919 from Harvard University and his medical

NOTE Confidence: 0.890202599

00:00:09.919 --> 00:00:11.724 degree from Harvard Medical School.

NOTE Confidence: 0.890202599

00:00:11.730 --> 00:00:13.809 He then completed both a residency in

NOTE Confidence: 0.890202599

00:00:13.809 --> 00:00:15.871 psychiatry and a fellowship in Sleep

NOTE Confidence: 0.890202599

00:00:15.871 --> 00:00:17.726 Medicine at Mass General Hospital.

NOTE Confidence: 0.890202599

00:00:17.730 --> 00:00:19.786 He was a medical director of the Sleep

NOTE Confidence: 0.890202599

00:00:19.786 --> 00:00:21.653 program at McLean Hospital and subsequently

NOTE Confidence: 0.890202599

00:00:21.653 --> 00:00:24.259 did was a medical director of the Sleep

NOTE Confidence: 0.890202599

00:00:24.259 --> 00:00:26.065 Lab at Brigham and Women's Hospital.

NOTE Confidence: 0.890202599

00:00:26.070 --> 00:00:27.905 He's currently a professor of

NOTE Confidence: 0.890202599

00:00:27.905 --> 00:00:29.373 psychiatry at Harvard Medical
NOTE Confidence: 0.890202599

00:00:29.373 --> 00:00:31.080 School and Chief of the Sleep.
NOTE Confidence: 0.890202599

00:00:31.080 --> 00:00:32.340 Disorders clinical research
NOTE Confidence: 0.890202599

00:00:32.340 --> 00:00:34.440 program in the Department of
NOTE Confidence: 0.890202599

00:00:34.440 --> 00:00:36.668 Psychiatry at Mass General Hospital.
NOTE Confidence: 0.890202599

00:00:36.670 --> 00:00:38.222 Doctor Winkelmann's research is
NOTE Confidence: 0.890202599

00:00:38.222 --> 00:00:40.162 primarily focused in two areas,
NOTE Confidence: 0.890202599

00:00:40.170 --> 00:00:41.206 epidemiology, Physiology,
NOTE Confidence: 0.890202599

00:00:41.206 --> 00:00:42.760 cardiovascular consequences and
NOTE Confidence: 0.890202599

00:00:42.760 --> 00:00:45.350 treatment of restless leg syndrome,
NOTE Confidence: 0.890202599

00:00:45.350 --> 00:00:48.350 and neurobiology and treatment of insomnia.
NOTE Confidence: 0.890202599

00:00:48.350 --> 00:00:51.262 He has lectured in and directed postgraduate
NOTE Confidence: 0.890202599

00:00:51.262 --> 00:00:53.579 medical education courses and sleep
NOTE Confidence: 0.890202599

00:00:53.579 --> 00:00:55.599 disorders nationally and internationally.
NOTE Confidence: 0.890202599

00:00:55.600 --> 00:00:55.931 Dr.
NOTE Confidence: 0.890202599

00:00:55.931 --> 00:00:57.586 Winkelman serves on the editorial

NOTE Confidence: 0.890202599

00:00:57.586 --> 00:00:58.910 boards of Sleep Medicine.

NOTE Confidence: 0.890202599

00:00:58.910 --> 00:01:01.328 He's also received many awards published.

NOTE Confidence: 0.890202599

00:01:01.330 --> 00:01:03.178 More than 150 articles,

NOTE Confidence: 0.890202599

00:01:03.178 --> 00:01:03.640 reviews,

NOTE Confidence: 0.890202599

00:01:03.640 --> 00:01:06.259 book chapters and is also the editor of the

NOTE Confidence: 0.890202599

00:01:06.259 --> 00:01:08.618 Textbook Foundations of Psychiatric Medicine.

NOTE Confidence: 0.890202599

00:01:08.620 --> 00:01:10.828 Is also the current President of

NOTE Confidence: 0.890202599

00:01:10.828 --> 00:01:12.678 International Restless Leg Syndrome study

NOTE Confidence: 0.890202599

00:01:12.678 --> 00:01:14.592 Group and has also helped leadership

NOTE Confidence: 0.890202599

00:01:14.592 --> 00:01:16.640 position in many national societies.

NOTE Confidence: 0.890202599

00:01:16.640 --> 00:01:18.575 Thank you for so much for being with us

NOTE Confidence: 0.890202599

00:01:18.575 --> 00:01:20.517 Doctor Winkelman and without further delay,

NOTE Confidence: 0.890202599

00:01:20.520 --> 00:01:22.272 I would like like to hand it over

NOTE Confidence: 0.890202599

00:01:22.272 --> 00:01:24.142 to you to share your expertise on

NOTE Confidence: 0.890202599

00:01:24.142 --> 00:01:25.994 putting out the fire of refractory

NOTE Confidence: 0.890202599

00:01:25.994 --> 00:01:28.099 or augmented restless leg syndrome.
NOTE Confidence: 0.890202599

00:01:28.100 --> 00:01:28.620 Thank you.
NOTE Confidence: 0.86808313125

00:01:29.450 --> 00:01:32.160 Thank you. I appreciate that
NOTE Confidence: 0.86808313125

00:01:32.160 --> 00:01:33.786 that kind introduction.
NOTE Confidence: 0.832845808333333

00:01:37.190 --> 00:01:39.938 So I think without further ado,
NOTE Confidence: 0.832845808333333

00:01:39.940 --> 00:01:40.603 I'll get going.
NOTE Confidence: 0.832845808333333

00:01:40.603 --> 00:01:41.708 As you can see here,
NOTE Confidence: 0.832845808333333

00:01:41.710 --> 00:01:43.208 this is going to be the theme,
NOTE Confidence: 0.832845808333333

00:01:43.210 --> 00:01:45.390 or at least one of the thing I'm stuck on.
NOTE Confidence: 0.832845808333333

00:01:45.390 --> 00:01:47.181 Kind of analogies.
NOTE Confidence: 0.832845808333333

00:01:47.181 --> 00:01:51.820 Oftentimes really stretched analogies, but.
NOTE Confidence: 0.832845808333333

00:01:51.820 --> 00:01:54.676 They provide some value I think,
NOTE Confidence: 0.832845808333333

00:01:54.680 --> 00:01:57.200 and this is restless leg syndrome,
NOTE Confidence: 0.832845808333333

00:01:57.200 --> 00:02:00.200 the fire and this gasoline
NOTE Confidence: 0.832845808333333

00:02:00.200 --> 00:02:02.000 is dopamine agonists.
NOTE Confidence: 0.860608665454545

00:02:04.240 --> 00:02:07.397 Here's a slide that I was asked

NOTE Confidence: 0.860608665454545
00:02:07.397 --> 00:02:10.583 to put up by. Whatever it says,
NOTE Confidence: 0.860608665454545
00:02:10.583 --> 00:02:13.349 I of course completely agree with.
NOTE Confidence: 0.860608665454545
00:02:13.350 --> 00:02:17.117 Here my conflicts of interest specifically,
NOTE Confidence: 0.860608665454545
00:02:17.117 --> 00:02:22.066 and some of them have to do.
NOTE Confidence: 0.860608665454545
00:02:22.070 --> 00:02:24.268 None of them have to do with
NOTE Confidence: 0.860608665454545
00:02:24.270 --> 00:02:26.518 commercialized products for RLS.
NOTE Confidence: 0.895515408888889
00:02:29.180 --> 00:02:31.475 So two things I want you to take home,
NOTE Confidence: 0.895515408888889
00:02:31.480 --> 00:02:33.850 if nothing else.
NOTE Confidence: 0.895515408888889
00:02:33.850 --> 00:02:36.090 One, dopamine agonists are
NOTE Confidence: 0.895515408888889
00:02:36.090 --> 00:02:38.890 no longer first line therapy.
NOTE Confidence: 0.895515408888889
00:02:38.890 --> 00:02:40.630 That should say first line,
NOTE Confidence: 0.895515408888889
00:02:40.630 --> 00:02:42.343 not first therapy,
NOTE Confidence: 0.895515408888889
00:02:42.343 --> 00:02:45.198 first line therapy for RLS.
NOTE Confidence: 0.895515408888889
00:02:45.200 --> 00:02:47.522 So if you're seeing patients with
NOTE Confidence: 0.895515408888889
00:02:47.522 --> 00:02:50.531 RLS and you're turning to one of the
NOTE Confidence: 0.895515408888889

00:02:50.531 --> 00:02:52.607 dopamine agonists as the first line.
NOTE Confidence: 0.895515408888889

00:02:52.610 --> 00:02:55.190 Stop doing it.
NOTE Confidence: 0.895515408888889

00:02:55.190 --> 00:02:57.716 As we as there's already one
NOTE Confidence: 0.895515408888889

00:02:57.716 --> 00:02:59.952 guideline that's published in Mayo
NOTE Confidence: 0.895515408888889

00:02:59.952 --> 00:03:02.347 Clinic proceedings and the American
NOTE Confidence: 0.895515408888889

00:03:02.347 --> 00:03:05.020 Academy of Sleep Medicine is going
NOTE Confidence: 0.895515408888889

00:03:05.020 --> 00:03:07.407 to be coming out with another one
NOTE Confidence: 0.895515408888889

00:03:07.407 --> 00:03:10.822 that Brian and I are are both on the
NOTE Confidence: 0.895515408888889

00:03:10.822 --> 00:03:12.811 clinical practice guidelines of the
NOTE Confidence: 0.895515408888889

00:03:12.811 --> 00:03:15.734 ASM for RLS and dopamine agonists are
NOTE Confidence: 0.895515408888889

00:03:15.734 --> 00:03:19.590 no longer going to be first line therapy.
NOTE Confidence: 0.895515408888889

00:03:19.590 --> 00:03:21.424 So if you want to be current,
NOTE Confidence: 0.895515408888889

00:03:21.430 --> 00:03:25.558 if you want to be practicing
NOTE Confidence: 0.895515408888889

00:03:25.558 --> 00:03:26.934 standard treatment.
NOTE Confidence: 0.895515408888889

00:03:26.940 --> 00:03:29.244 Don't start with a dopamine agonist
NOTE Confidence: 0.895515408888889

00:03:29.244 --> 00:03:31.884 unless you're going to be giving some

NOTE Confidence: 0.895515408888889
00:03:31.884 --> 00:03:34.292 justification in your in your Note 2.
NOTE Confidence: 0.895515408888889
00:03:34.300 --> 00:03:37.270 Opioids are a safe and generally
NOTE Confidence: 0.895515408888889
00:03:37.270 --> 00:03:39.250 well tolerated treatment treatment
NOTE Confidence: 0.895515408888889
00:03:39.330 --> 00:03:41.290 for patients with severe
NOTE Confidence: 0.895515408888889
00:03:41.290 --> 00:03:43.250 refractory or augmented RLS.
NOTE Confidence: 0.895515408888889
00:03:43.250 --> 00:03:46.855 Those will be the two main things.
NOTE Confidence: 0.895515408888889
00:03:46.860 --> 00:03:48.415 You'll hear those kinds of
NOTE Confidence: 0.895515408888889
00:03:48.415 --> 00:03:49.659 messages throughout my talk.
NOTE Confidence: 0.864641274615385
00:03:51.740 --> 00:03:54.012 For this group, I do not have to
NOTE Confidence: 0.864641274615385
00:03:54.012 --> 00:03:55.698 describe what RLS symptoms are,
NOTE Confidence: 0.864641274615385
00:03:55.700 --> 00:03:57.390 but there's this nice acronym
NOTE Confidence: 0.864641274615385
00:03:57.390 --> 00:03:59.080 that you can tell patients.
NOTE Confidence: 0.864641274615385
00:03:59.080 --> 00:04:01.536 And when you're giving talks to other docs,
NOTE Confidence: 0.864641274615385
00:04:01.540 --> 00:04:04.738 you can use this urged acronym,
NOTE Confidence: 0.864641274615385
00:04:04.740 --> 00:04:07.956 which I think is pretty nice.
NOTE Confidence: 0.864641274615385

00:04:07.960 --> 00:04:10.088 RLS is not uncommon.
NOTE Confidence: 0.864641274615385

00:04:10.088 --> 00:04:12.216 And certainly every patient
NOTE Confidence: 0.864641274615385

00:04:12.216 --> 00:04:14.489 with insomnia that you see,
NOTE Confidence: 0.864641274615385

00:04:14.490 --> 00:04:16.140 you should ask them as
NOTE Confidence: 0.864641274615385

00:04:16.140 --> 00:04:17.130 simple screening question,
NOTE Confidence: 0.864641274615385

00:04:17.130 --> 00:04:19.030 something like do your legs
NOTE Confidence: 0.864641274615385

00:04:19.030 --> 00:04:20.855 bother you at night whether
NOTE Confidence: 0.864641274615385

00:04:20.855 --> 00:04:22.685 they're coming in for sleep apnea.
NOTE Confidence: 0.864641274615385

00:04:22.690 --> 00:04:24.825 Certainly, if they're coming in for insomnia,
NOTE Confidence: 0.864641274615385

00:04:24.830 --> 00:04:26.606 if they're coming in for narcolepsy,
NOTE Confidence: 0.864641274615385

00:04:26.610 --> 00:04:28.350 abnormal behaviors at night,
NOTE Confidence: 0.864641274615385

00:04:28.350 --> 00:04:30.114 circadian rhythms, single questions,
NOTE Confidence: 0.864641274615385

00:04:30.114 --> 00:04:32.349 all you have to do.
NOTE Confidence: 0.864641274615385

00:04:32.350 --> 00:04:34.150 If they say no, move on.
NOTE Confidence: 0.864641274615385

00:04:34.150 --> 00:04:35.330 If they say yes,
NOTE Confidence: 0.864641274615385

00:04:35.330 --> 00:04:37.899 then you need to ask a few more

NOTE Confidence: 0.864641274615385

00:04:37.899 --> 00:04:40.053 questions to see if it's RLS.

NOTE Confidence: 0.864641274615385

00:04:40.060 --> 00:04:44.384 If it's not ternal my clonus, I'm sorry.

NOTE Confidence: 0.864641274615385

00:04:44.384 --> 00:04:49.055 Nocturnal leg cramps or something else,

NOTE Confidence: 0.864641274615385

00:04:49.055 --> 00:04:51.470 but always ask.

NOTE Confidence: 0.864641274615385

00:04:51.470 --> 00:04:53.806 Not going to spend a lot of time

NOTE Confidence: 0.864641274615385

00:04:53.806 --> 00:04:55.942 on this nosological description of

NOTE Confidence: 0.864641274615385

00:04:55.942 --> 00:04:58.392 primary and reversible RLS other

NOTE Confidence: 0.864641274615385

00:04:58.392 --> 00:05:00.988 than to say these are things,

NOTE Confidence: 0.864641274615385

00:05:00.990 --> 00:05:04.847 many of them that can be fixed

NOTE Confidence: 0.864641274615385

00:05:04.850 --> 00:05:07.538 and therefore we don't have to

NOTE Confidence: 0.864641274615385

00:05:07.538 --> 00:05:09.980 do a big therapeutic evaluation

NOTE Confidence: 0.864641274615385

00:05:09.980 --> 00:05:12.705 because if they're iron deficient,

NOTE Confidence: 0.864641274615385

00:05:12.710 --> 00:05:14.126 we're going to give them iron.

NOTE Confidence: 0.864641274615385

00:05:14.130 --> 00:05:16.092 If they have renal failure and

NOTE Confidence: 0.864641274615385

00:05:16.092 --> 00:05:18.041 on dialysis and waiting for a

NOTE Confidence: 0.864641274615385

00:05:18.041 --> 00:05:19.769 kidney when they get the kidney,
NOTE Confidence: 0.864641274615385

00:05:19.770 --> 00:05:20.930 things are going to improve
NOTE Confidence: 0.864641274615385

00:05:20.930 --> 00:05:21.626 when they deliver.
NOTE Confidence: 0.864641274615385

00:05:21.630 --> 00:05:21.920 Generally,
NOTE Confidence: 0.864641274615385

00:05:21.920 --> 00:05:23.950 things are going to improve if they're
NOTE Confidence: 0.864641274615385

00:05:23.950 --> 00:05:26.100 on a serotonergic antidepressant.
NOTE Confidence: 0.864641274615385

00:05:26.100 --> 00:05:28.018 You're going to talk to whomever is
NOTE Confidence: 0.864641274615385

00:05:28.018 --> 00:05:29.645 prescribing it and to the patient
NOTE Confidence: 0.864641274615385

00:05:29.645 --> 00:05:31.388 to see whether it can be modified.
NOTE Confidence: 0.845248703181818

00:05:34.210 --> 00:05:37.243 One of the cool things about RLS that I
NOTE Confidence: 0.845248703181818

00:05:37.243 --> 00:05:40.080 think attracted me initially to it is
NOTE Confidence: 0.845248703181818

00:05:40.080 --> 00:05:43.050 that unlike almost all medical problems,
NOTE Confidence: 0.845248703181818

00:05:43.050 --> 00:05:46.648 it has a time of day dependence,
NOTE Confidence: 0.845248703181818

00:05:46.650 --> 00:05:49.428 almost all the things we treat.
NOTE Confidence: 0.845248703181818

00:05:49.430 --> 00:05:52.769 Are present throughout the day and night.
NOTE Confidence: 0.845248703181818

00:05:52.770 --> 00:05:56.410 But RLS has this clear circadian rhythm,

NOTE Confidence: 0.845248703181818

00:05:56.410 --> 00:05:59.730 at least prior to us screwing things up

NOTE Confidence: 0.845248703181818

00:05:59.730 --> 00:06:03.710 with our dopamine agonists such that it's

NOTE Confidence: 0.845248703181818

00:06:03.710 --> 00:06:08.170 mostly present in the evening or at night.

NOTE Confidence: 0.845248703181818

00:06:08.170 --> 00:06:11.322 The first time I meet with patients and

NOTE Confidence: 0.845248703181818

00:06:11.322 --> 00:06:14.049 pretty much every visit there after,

NOTE Confidence: 0.845248703181818

00:06:14.050 --> 00:06:17.980 I get the following information.

NOTE Confidence: 0.845248703181818

00:06:17.980 --> 00:06:18.950 Somebody's trying to get in.

NOTE Confidence: 0.845248703181818

00:06:18.950 --> 00:06:21.758 I'll admit them up. They did.

NOTE Confidence: 0.845248703181818

00:06:21.760 --> 00:06:26.208 I divide the day into 4 equal parts.

NOTE Confidence: 0.845248703181818

00:06:26.210 --> 00:06:27.470 I'm gonna, I say to the patients,

NOTE Confidence: 0.845248703181818

00:06:27.470 --> 00:06:29.324 I'm going to divide it into 4 equal parts.

NOTE Confidence: 0.845248703181818

00:06:29.330 --> 00:06:31.904 I can ask you how often do you have

NOTE Confidence: 0.845248703181818

00:06:31.904 --> 00:06:33.490 RLS during that particular time

NOTE Confidence: 0.845248703181818

00:06:33.490 --> 00:06:35.710 of day and how bad is it?

NOTE Confidence: 0.845248703181818

00:06:35.710 --> 00:06:38.130 Mild, moderate, severe, very severe.

NOTE Confidence: 0.845248703181818

00:06:38.130 --> 00:06:40.530 So I'll say from 7:00 AM to noon,
NOTE Confidence: 0.845248703181818

00:06:40.530 --> 00:06:42.609 how many days a week do you get RLS?
NOTE Confidence: 0.845248703181818

00:06:42.610 --> 00:06:44.930 They'll say 2 mild, moderate,
NOTE Confidence: 0.845248703181818

00:06:44.930 --> 00:06:46.950 severe or very severe. Mild.
NOTE Confidence: 0.845248703181818

00:06:46.950 --> 00:06:48.730 OK, noon to 6:00 o'clock.
NOTE Confidence: 0.845248703181818

00:06:48.730 --> 00:06:49.627 How many quickly?
NOTE Confidence: 0.845248703181818

00:06:49.627 --> 00:06:51.421 Just takes a minute or two
NOTE Confidence: 0.845248703181818

00:06:51.421 --> 00:06:52.810 to go through this.
NOTE Confidence: 0.845248703181818

00:06:52.810 --> 00:06:56.530 And then you have a snapshot almost even.
NOTE Confidence: 0.845248703181818

00:06:56.530 --> 00:07:00.098 Video maybe of the course of the RLS
NOTE Confidence: 0.845248703181818

00:07:00.098 --> 00:07:03.396 treatments over the day and their severity,
NOTE Confidence: 0.845248703181818

00:07:03.400 --> 00:07:06.080 and this is key because.
NOTE Confidence: 0.845248703181818

00:07:06.080 --> 00:07:08.453 We're going to focus our treatments on
NOTE Confidence: 0.845248703181818

00:07:08.453 --> 00:07:11.440 the time of day that they have symptoms.
NOTE Confidence: 0.845248703181818

00:07:11.440 --> 00:07:14.832 I can't tell you how often I see
NOTE Confidence: 0.845248703181818

00:07:14.832 --> 00:07:17.379 patients who had RLS symptoms.

NOTE Confidence: 0.845248703181818
00:07:17.380 --> 00:07:20.628 I said they they come to me on
NOTE Confidence: 0.845248703181818
00:07:20.628 --> 00:07:22.075 pramipexole .25 milligrams TID.
NOTE Confidence: 0.845248703181818
00:07:22.075 --> 00:07:24.940 I say you're taking it three times a day.
NOTE Confidence: 0.845248703181818
00:07:24.940 --> 00:07:26.648 Do you have symptoms in the morning? No.
NOTE Confidence: 0.845248703181818
00:07:26.648 --> 00:07:28.792 Did you ever have symptoms in the morning?
NOTE Confidence: 0.845248703181818
00:07:28.800 --> 00:07:29.178 No.
NOTE Confidence: 0.845248703181818
00:07:29.178 --> 00:07:32.202 Why are you taking this medicine three times?
NOTE Confidence: 0.845248703181818
00:07:32.210 --> 00:07:33.530 Why are you taking it in the morning?
NOTE Confidence: 0.845248703181818
00:07:33.530 --> 00:07:35.106 Why are you taking it again at noon?
NOTE Confidence: 0.845248703181818
00:07:35.110 --> 00:07:35.986 I don't know.
NOTE Confidence: 0.845248703181818
00:07:35.986 --> 00:07:38.030 That's my doctor told me to do.
NOTE Confidence: 0.845248703181818
00:07:38.030 --> 00:07:39.576 Why, why,
NOTE Confidence: 0.845248703181818
00:07:39.576 --> 00:07:42.668 why is that happening?
NOTE Confidence: 0.845248703181818
00:07:42.670 --> 00:07:44.420 I think it's because that's kind of
NOTE Confidence: 0.845248703181818
00:07:44.420 --> 00:07:46.159 the treatment for Parkinson's disease.
NOTE Confidence: 0.845248703181818

00:07:46.160 --> 00:07:48.668 Pramipexole is used for Parkinson's disease.
NOTE Confidence: 0.845248703181818

00:07:48.670 --> 00:07:52.597 Therefore we're going to follow the same.
NOTE Confidence: 0.845248703181818

00:07:52.600 --> 00:07:56.080 Menu the same description there to treat RLS,
NOTE Confidence: 0.845248703181818

00:07:56.080 --> 00:07:57.440 which doesn't make sense.
NOTE Confidence: 0.845248703181818

00:07:57.440 --> 00:08:00.000 We treat the symptoms when they're present.
NOTE Confidence: 0.845248703181818

00:08:00.000 --> 00:08:02.165 Don't waste medications at times
NOTE Confidence: 0.845248703181818

00:08:02.165 --> 00:08:04.330 that that people don't have.
NOTE Confidence: 0.836126686666667

00:08:06.690 --> 00:08:12.108 Don't have symptoms. So the workup is.
NOTE Confidence: 0.836126686666667

00:08:12.110 --> 00:08:16.478 Is not particularly onerous.
NOTE Confidence: 0.836126686666667

00:08:16.480 --> 00:08:19.804 Certainly nobody leaves the office without
NOTE Confidence: 0.836126686666667

00:08:19.804 --> 00:08:25.216 having lab rec position for iron indices.
NOTE Confidence: 0.836126686666667

00:08:25.216 --> 00:08:28.432 And the key here is don't
NOTE Confidence: 0.836126686666667

00:08:28.432 --> 00:08:30.040 just check ferritin.
NOTE Confidence: 0.836126686666667

00:08:30.040 --> 00:08:34.060 Ferritin's unreliable in so many instances.
NOTE Confidence: 0.836126686666667

00:08:34.060 --> 00:08:38.980 You've got to check ferritin iron TIBC.
NOTE Confidence: 0.836126686666667

00:08:38.980 --> 00:08:42.998 Iron and TIBC are also are unreliable.

NOTE Confidence: 0.836126686666667

00:08:43.000 --> 00:08:45.020 So This is why we have both sides of it.

NOTE Confidence: 0.836126686666667

00:08:45.020 --> 00:08:48.449 And as you I'm sure are aware iron divided

NOTE Confidence: 0.836126686666667

00:08:48.449 --> 00:08:51.639 by TI BC is transferrin saturation,

NOTE Confidence: 0.836126686666667

00:08:51.640 --> 00:08:52.678 T said here.

NOTE Confidence: 0.836126686666667

00:08:52.678 --> 00:08:55.710 So we want to keep ferritin over 75,

NOTE Confidence: 0.836126686666667

00:08:55.710 --> 00:08:58.760 transferrin saturation over about 20%.

NOTE Confidence: 0.836126686666667

00:08:58.760 --> 00:09:01.136 These are not carved in stone,

NOTE Confidence: 0.836126686666667

00:09:01.140 --> 00:09:03.420 these are just rough guidelines.

NOTE Confidence: 0.836126686666667

00:09:03.420 --> 00:09:05.250 Think about medications,

NOTE Confidence: 0.836126686666667

00:09:05.250 --> 00:09:07.080 particularly serotonergic antidepressants,

NOTE Confidence: 0.836126686666667

00:09:07.080 --> 00:09:08.292 dopamine antagonists.

NOTE Confidence: 0.836126686666667

00:09:08.292 --> 00:09:11.322 Think about whether people just

NOTE Confidence: 0.836126686666667

00:09:11.322 --> 00:09:14.340 stopped an opioid post surgery.

NOTE Confidence: 0.836126686666667

00:09:14.340 --> 00:09:15.399 Nowadays, of course,

NOTE Confidence: 0.836126686666667

00:09:15.399 --> 00:09:17.517 no one gets opioids post surgery.

NOTE Confidence: 0.836126686666667

00:09:17.520 --> 00:09:19.200 People just go home and are
NOTE Confidence: 0.836126686666667

00:09:19.200 --> 00:09:20.320 supposed to take Tylenol.
NOTE Confidence: 0.836126686666667

00:09:20.320 --> 00:09:23.302 But for those people who do
NOTE Confidence: 0.836126686666667

00:09:23.302 --> 00:09:24.979 take opioids post surgery,
NOTE Confidence: 0.836126686666667

00:09:24.979 --> 00:09:26.944 think about whether they've just
NOTE Confidence: 0.836126686666667

00:09:26.944 --> 00:09:29.195 stopped them in the last week or two.
NOTE Confidence: 0.836126686666667

00:09:29.200 --> 00:09:31.400 Physical examination has some value,
NOTE Confidence: 0.836126686666667

00:09:31.400 --> 00:09:33.960 particularly to assess obstructive
NOTE Confidence: 0.836126686666667

00:09:33.960 --> 00:09:35.240 sleep apnea.
NOTE Confidence: 0.836126686666667

00:09:35.240 --> 00:09:37.420 Think about comorbid sleep disorders.
NOTE Confidence: 0.836126686666667

00:09:37.420 --> 00:09:39.910 Generally, we don't do sleep
NOTE Confidence: 0.836126686666667

00:09:39.910 --> 00:09:42.400 studies for people with RLS.
NOTE Confidence: 0.836126686666667

00:09:42.400 --> 00:09:44.668 Unless we of course suspect obstructive
NOTE Confidence: 0.836126686666667

00:09:44.668 --> 00:09:46.979 sleep apnea or central sleep apnea.
NOTE Confidence: 0.843170254

00:09:49.040 --> 00:09:50.170 I do this a lot.
NOTE Confidence: 0.843170254

00:09:50.170 --> 00:09:51.840 See the four fingers there.

NOTE Confidence: 0.843170254

00:09:51.840 --> 00:09:53.093 I do this a lot. Patience,

NOTE Confidence: 0.843170254

00:09:53.093 --> 00:09:55.258 I'm sure, are totally secured.

NOTE Confidence: 0.843170254

00:09:55.260 --> 00:09:58.292 And I say to them,

NOTE Confidence: 0.843170254

00:09:58.292 --> 00:10:00.346 there are four classes of medicines that

NOTE Confidence: 0.843170254

00:10:00.346 --> 00:10:02.442 work for our list that we know work.

NOTE Confidence: 0.843170254

00:10:02.450 --> 00:10:03.914 Dopaminergic medications,

NOTE Confidence: 0.843170254

00:10:03.914 --> 00:10:07.206 the calcium channel, A2D ligands,

NOTE Confidence: 0.843170254

00:10:07.206 --> 00:10:08.850 gabapentin and pregabalin,

NOTE Confidence: 0.843170254

00:10:08.850 --> 00:10:10.455 opioids and iron.

NOTE Confidence: 0.843170254

00:10:10.455 --> 00:10:14.741 Usually I say iron and opioids and I say,

NOTE Confidence: 0.843170254

00:10:14.741 --> 00:10:16.883 so we don't have unlimited choices.

NOTE Confidence: 0.843170254

00:10:16.890 --> 00:10:18.906 We certainly have a number of them,

NOTE Confidence: 0.843170254

00:10:18.910 --> 00:10:21.902 but we need to make sure that we

NOTE Confidence: 0.843170254

00:10:21.902 --> 00:10:25.719 take the fact that we don't have

NOTE Confidence: 0.843170254

00:10:25.719 --> 00:10:28.095 unlimited choices seriously and

NOTE Confidence: 0.843170254

00:10:28.095 --> 00:10:30.725 therefore before we give up on
NOTE Confidence: 0.843170254

00:10:30.725 --> 00:10:32.688 the medication we make sure that.
NOTE Confidence: 0.843170254

00:10:32.688 --> 00:10:34.710 You've given it a good college try,
NOTE Confidence: 0.843170254

00:10:34.710 --> 00:10:36.982 a Yale College try,
NOTE Confidence: 0.843170254

00:10:36.982 --> 00:10:38.686 if you will,
NOTE Confidence: 0.843170254

00:10:38.690 --> 00:10:41.210 to make sure that it's not going
NOTE Confidence: 0.843170254

00:10:41.210 --> 00:10:43.268 to be effective or tolerated
NOTE Confidence: 0.843170254

00:10:43.268 --> 00:10:45.068 or or poorly tolerated.
NOTE Confidence: 0.843170254

00:10:45.070 --> 00:10:46.848 And maybe we went up too fast
NOTE Confidence: 0.843170254

00:10:46.848 --> 00:10:47.610 on the pregablin.
NOTE Confidence: 0.843170254

00:10:47.610 --> 00:10:49.234 Maybe we need to slow it down.
NOTE Confidence: 0.870068357

00:10:53.650 --> 00:10:55.610 So here are some guidelines that were
NOTE Confidence: 0.870068357

00:10:55.610 --> 00:10:58.550 published by the AN 2016 that was
NOTE Confidence: 0.870068357

00:10:58.550 --> 00:11:01.058 quite involved with these guidelines
NOTE Confidence: 0.870068357

00:11:01.058 --> 00:11:04.306 really just had to do with efficacy.
NOTE Confidence: 0.870068357

00:11:04.310 --> 00:11:06.962 They didn't talk about a balance

NOTE Confidence: 0.870068357

00:11:06.962 --> 00:11:09.490 of efficacy and side effects.

NOTE Confidence: 0.870068357

00:11:09.490 --> 00:11:12.395 So there's it's a weakness of the

NOTE Confidence: 0.870068357

00:11:12.395 --> 00:11:14.992 A and guidelines at that point

NOTE Confidence: 0.870068357

00:11:14.992 --> 00:11:17.530 in time just talking about what

NOTE Confidence: 0.870068357

00:11:17.530 --> 00:11:20.030 works for various symptoms so.

NOTE Confidence: 0.870068357

00:11:20.030 --> 00:11:22.249 I have more faith in those guidelines

NOTE Confidence: 0.870068357

00:11:22.249 --> 00:11:24.299 that the American Academy of Sleep

NOTE Confidence: 0.870068357

00:11:24.299 --> 00:11:26.029 Medicine that we're working on,

NOTE Confidence: 0.870068357

00:11:26.030 --> 00:11:30.246 that Brian and I are working on and in the

NOTE Confidence: 0.870068357

00:11:30.246 --> 00:11:34.038 recommendations that will be coming out.

NOTE Confidence: 0.870068357

00:11:34.040 --> 00:11:35.580 Probably later this year.

NOTE Confidence: 0.905409325714286

00:11:37.650 --> 00:11:40.010 So here you see the timeline of various

NOTE Confidence: 0.905409325714286

00:11:40.010 --> 00:11:41.948 medications and when they were approved.

NOTE Confidence: 0.905409325714286

00:11:41.950 --> 00:11:44.872 It's been more than 15 years

NOTE Confidence: 0.905409325714286

00:11:44.872 --> 00:11:46.820 since Requip was approved.

NOTE Confidence: 0.905409325714286

00:11:46.820 --> 00:11:50.796 16 plus years since Mirapex was approved,
NOTE Confidence: 0.905409325714286

00:11:50.800 --> 00:11:53.500 more than 10 years since gabapentin,
NOTE Confidence: 0.905409325714286

00:11:53.500 --> 00:11:55.648 HORIZANT, gabapentin and Congress
NOTE Confidence: 0.905409325714286

00:11:55.648 --> 00:11:57.796 Carnival horizon was approved,
NOTE Confidence: 0.905409325714286

00:11:57.800 --> 00:11:59.595 and about 10 years since
NOTE Confidence: 0.905409325714286

00:11:59.595 --> 00:12:01.390 Reticulating knew Pro was approved.
NOTE Confidence: 0.905409325714286

00:12:01.390 --> 00:12:03.949 Nothing since then.
NOTE Confidence: 0.905409325714286

00:12:03.949 --> 00:12:08.214 Ten years with nothing new.
NOTE Confidence: 0.905409325714286

00:12:08.220 --> 00:12:10.887 And this is something that we in
NOTE Confidence: 0.905409325714286

00:12:10.887 --> 00:12:12.459 the international restless Leg
NOTE Confidence: 0.905409325714286

00:12:12.459 --> 00:12:14.264 Syndrome study group have convened
NOTE Confidence: 0.905409325714286

00:12:14.264 --> 00:12:16.652 a bunch of people to get together
NOTE Confidence: 0.905409325714286

00:12:16.652 --> 00:12:18.682 to try to figure out why this
NOTE Confidence: 0.905409325714286

00:12:18.690 --> 00:12:22.490 is and what we can do about it.
NOTE Confidence: 0.905409325714286

00:12:22.490 --> 00:12:24.299 So here's a.
NOTE Confidence: 0.82419051725

00:12:27.170 --> 00:12:29.954 Little picture of the pivotal trial

NOTE Confidence: 0.82419051725

00:12:29.954 --> 00:12:32.956 that was published for the FDA

NOTE Confidence: 0.82419051725

00:12:32.956 --> 00:12:35.088 approval of Pramipexole mirapex,

NOTE Confidence: 0.82419051725

00:12:35.090 --> 00:12:37.295 you see it came out in 2006.

NOTE Confidence: 0.82419051725

00:12:37.295 --> 00:12:39.710 And I was just a young man.

NOTE Confidence: 0.82419051725

00:12:39.710 --> 00:12:41.774 I was basically just out of high school

NOTE Confidence: 0.82419051725

00:12:41.774 --> 00:12:45.790 at the time, 15 years ago, and naive.

NOTE Confidence: 0.82419051725

00:12:45.790 --> 00:12:49.182 And that's going to be my defense is

NOTE Confidence: 0.82419051725

00:12:49.182 --> 00:12:52.966 all I can say is that I was naive.

NOTE Confidence: 0.82419051725

00:12:52.970 --> 00:12:57.011 This was a pivotal trial for an FDA approved

NOTE Confidence: 0.82419051725

00:12:57.011 --> 00:13:00.299 drug that was 12 weeks in duration.

NOTE Confidence: 0.82419051725

00:13:00.300 --> 00:13:04.300 For a lifetime disorder.

NOTE Confidence: 0.82419051725

00:13:04.300 --> 00:13:06.925 What I was thinking or what anyone

NOTE Confidence: 0.82419051725

00:13:06.925 --> 00:13:08.920 else was thinking is unclear.

NOTE Confidence: 0.82419051725

00:13:08.920 --> 00:13:09.706 Lifetime disorder.

NOTE Confidence: 0.82419051725

00:13:09.706 --> 00:13:12.850 We're going to make a decision about its

NOTE Confidence: 0.82419051725

00:13:12.920 --> 00:13:15.520 approval in for in a three month trial.

NOTE Confidence: 0.82419051725

00:13:15.520 --> 00:13:17.070 That clearly, at this point,

NOTE Confidence: 0.82419051725

00:13:17.070 --> 00:13:21.046 has been demonstrated to be a mistake.

NOTE Confidence: 0.82419051725

00:13:21.050 --> 00:13:24.431 And I apologize whenever I can to

NOTE Confidence: 0.82419051725

00:13:24.431 --> 00:13:27.930 patients that for any responsibility that

NOTE Confidence: 0.82419051725

00:13:27.930 --> 00:13:31.696 I played in having them use a dopamine

NOTE Confidence: 0.82419051725

00:13:31.696 --> 00:13:33.400 agonist without adequate warning.

NOTE Confidence: 0.857945604166667

00:13:35.500 --> 00:13:37.524 And what's the warning?

NOTE Confidence: 0.857945604166667

00:13:37.524 --> 00:13:40.054 Here you see somebody taking

NOTE Confidence: 0.857945604166667

00:13:40.054 --> 00:13:41.750 another analogy here,

NOTE Confidence: 0.857945604166667

00:13:41.750 --> 00:13:44.368 taking a pill that's got this fuse.

NOTE Confidence: 0.857945604166667

00:13:44.370 --> 00:13:47.304 Again, I don't know how long the fuse is,

NOTE Confidence: 0.857945604166667

00:13:47.310 --> 00:13:49.921 but at some point for most people

NOTE Confidence: 0.857945604166667

00:13:49.921 --> 00:13:52.639 this is going to blow up on them.

NOTE Confidence: 0.857945604166667

00:13:52.640 --> 00:13:55.560 And it's going to blow up with respect

NOTE Confidence: 0.857945604166667

00:13:55.560 --> 00:13:58.832 to the fact that augmentation develops.

NOTE Confidence: 0.857945604166667

00:13:58.832 --> 00:14:02.192 Augmentation is a worsening of

NOTE Confidence: 0.857945604166667

00:14:02.192 --> 00:14:04.714 the underlying RLS disease.

NOTE Confidence: 0.857945604166667

00:14:04.714 --> 00:14:08.236 Symptoms appear earlier in the day.

NOTE Confidence: 0.857945604166667

00:14:08.240 --> 00:14:09.748 There have increased severity,

NOTE Confidence: 0.857945604166667

00:14:09.748 --> 00:14:13.158 they go from the legs to the arms and

NOTE Confidence: 0.857945604166667

00:14:13.158 --> 00:14:15.657 they have a shortened latency to onset.

NOTE Confidence: 0.857945604166667

00:14:15.660 --> 00:14:17.145 Instead of happening after you've

NOTE Confidence: 0.857945604166667

00:14:17.145 --> 00:14:19.299 been sitting for an hour watching TV,

NOTE Confidence: 0.857945604166667

00:14:19.300 --> 00:14:21.130 now it's after 10 minutes.

NOTE Confidence: 0.861879236666667

00:14:24.650 --> 00:14:27.086 So even before I published that

NOTE Confidence: 0.861879236666667

00:14:27.086 --> 00:14:29.734 pivotal trial in 2006, it was clear

NOTE Confidence: 0.861879236666667

00:14:29.734 --> 00:14:34.050 that there were problems in 2004.

NOTE Confidence: 0.861879236666667

00:14:34.050 --> 00:14:36.500 I recognized that this augmentation

NOTE Confidence: 0.861879236666667

00:14:36.500 --> 00:14:37.970 process was occurring.

NOTE Confidence: 0.861879236666667

00:14:37.970 --> 00:14:40.004 Richard Allen had already published a

NOTE Confidence: 0.861879236666667

00:14:40.004 --> 00:14:43.060 paper a couple of years beforehand with
NOTE Confidence: 0.861879236666667

00:14:43.060 --> 00:14:44.649 levodopa demonstrating augmentation
NOTE Confidence: 0.861879236666667

00:14:44.649 --> 00:14:48.142 levodopa and I looked at about 60
NOTE Confidence: 0.861879236666667

00:14:48.142 --> 00:14:51.044 patients that I was prescribing
NOTE Confidence: 0.861879236666667

00:14:51.044 --> 00:14:53.468 pramipexole for and demonstrated.
NOTE Confidence: 0.861879236666667

00:14:53.470 --> 00:14:57.150 That there was about 1/3 of the people.
NOTE Confidence: 0.861879236666667

00:14:57.150 --> 00:15:02.134 Over just even two years had developed.
NOTE Confidence: 0.861879236666667

00:15:02.140 --> 00:15:02.742 Augmentation.
NOTE Confidence: 0.861879236666667

00:15:02.742 --> 00:15:03.946 Again, apologies.
NOTE Confidence: 0.861879236666667

00:15:03.946 --> 00:15:06.956 Augmentation and tolerance are more
NOTE Confidence: 0.861879236666667

00:15:06.956 --> 00:15:10.530 common than have been previously reported.
NOTE Confidence: 0.861879236666667

00:15:10.530 --> 00:15:12.794 However, these complications are
NOTE Confidence: 0.861879236666667

00:15:12.794 --> 00:15:15.624 generally manageable by earlier dosing
NOTE Confidence: 0.861879236666667

00:15:15.624 --> 00:15:18.947 or small dose increases of this agent,
NOTE Confidence: 0.861879236666667

00:15:18.950 --> 00:15:21.922 and only rarely require
NOTE Confidence: 0.861879236666667

00:15:21.922 --> 00:15:23.408 medication discontinuation.

NOTE Confidence: 0.89714851

00:15:28.360 --> 00:15:32.098 Again, two years is too short.

NOTE Confidence: 0.89714851

00:15:32.100 --> 00:15:34.540 To make that conclusion,

NOTE Confidence: 0.89714851

00:15:34.540 --> 00:15:38.200 and again I apologize for the

NOTE Confidence: 0.89714851

00:15:38.312 --> 00:15:42.036 mistake that I made 20 years ago.

NOTE Confidence: 0.89714851

00:15:42.040 --> 00:15:44.821 By 2008, it was clear to me that we

NOTE Confidence: 0.89714851

00:15:44.821 --> 00:15:48.267 had problems and here's the NIH RLS

NOTE Confidence: 0.89714851

00:15:48.267 --> 00:15:51.020 scientific meeting that happened in 2008.

NOTE Confidence: 0.89714851

00:15:51.020 --> 00:15:54.130 And this is my slide.

NOTE Confidence: 0.89714851

00:15:54.130 --> 00:15:55.312 Clinicians have become

NOTE Confidence: 0.89714851

00:15:55.312 --> 00:15:56.888 addicted to the predictable,

NOTE Confidence: 0.89714851

00:15:56.890 --> 00:15:59.464 rapid and nearly complete response seen

NOTE Confidence: 0.89714851

00:15:59.464 --> 00:16:02.550 in our patients with dopamine agonists.

NOTE Confidence: 0.89714851

00:16:02.550 --> 00:16:06.252 Increasing concern in Rs community that

NOTE Confidence: 0.89714851

00:16:06.252 --> 00:16:08.720 dopaminergic agents are addictive.

NOTE Confidence: 0.89714851

00:16:08.720 --> 00:16:11.205 And I don't use that word lightly.

NOTE Confidence: 0.89714851

00:16:11.210 --> 00:16:13.527 It created a need for medication at
NOTE Confidence: 0.89714851

00:16:13.527 --> 00:16:16.020 times that were unaffected beforehand.
NOTE Confidence: 0.89714851

00:16:16.020 --> 00:16:17.652 Increasing doses are required
NOTE Confidence: 0.89714851

00:16:17.652 --> 00:16:20.100 and symptoms are really bad when
NOTE Confidence: 0.89714851

00:16:20.169 --> 00:16:21.749 you stop the medication.
NOTE Confidence: 0.8694907488

00:16:23.760 --> 00:16:26.014 So last 15 years I've spent a
NOTE Confidence: 0.8694907488

00:16:26.014 --> 00:16:28.195 lot of time talking about this
NOTE Confidence: 0.8694907488

00:16:28.195 --> 00:16:31.392 and I'm glad that the ASM now and
NOTE Confidence: 0.8694907488

00:16:31.392 --> 00:16:34.084 the guidelines are finally coming
NOTE Confidence: 0.8694907488

00:16:34.084 --> 00:16:37.300 to more appropriate conclusions.
NOTE Confidence: 0.8694907488

00:16:37.300 --> 00:16:39.916 Augmentation is not all or none.
NOTE Confidence: 0.8694907488

00:16:39.920 --> 00:16:43.316 It is a continuum of severity
NOTE Confidence: 0.8694907488

00:16:43.320 --> 00:16:45.700 starting with loss of efficacy,
NOTE Confidence: 0.8694907488

00:16:45.700 --> 00:16:47.725 then going to somewhat earlier
NOTE Confidence: 0.8694907488

00:16:47.725 --> 00:16:49.750 appearance and then really early
NOTE Confidence: 0.8694907488

00:16:49.815 --> 00:16:51.675 appearance such that people have

NOTE Confidence: 0.8694907488

00:16:51.675 --> 00:16:53.930 symptoms by the time they have.

NOTE Confidence: 0.8694907488

00:16:53.930 --> 00:16:56.906 Fear augmentation to about 12 hours a day.

NOTE Confidence: 0.896063758888889

00:16:59.440 --> 00:17:02.392 Last year I got I got a hold of

NOTE Confidence: 0.896063758888889

00:17:02.400 --> 00:17:06.048 prescription data from the United States.

NOTE Confidence: 0.896063758888889

00:17:06.050 --> 00:17:09.375 And basically all commercial providers

NOTE Confidence: 0.896063758888889

00:17:09.375 --> 00:17:14.259 as well as non commercial providers and.

NOTE Confidence: 0.896063758888889

00:17:14.260 --> 00:17:19.875 We found 670,000 people from about a

NOTE Confidence: 0.896063758888889

00:17:19.875 --> 00:17:23.125 million prescribers who had medication

NOTE Confidence: 0.896063758888889

00:17:23.125 --> 00:17:26.450 treatment for restless leg syndrome.

NOTE Confidence: 0.896063758888889

00:17:26.450 --> 00:17:29.415 Anybody with Parkinson's disease was

NOTE Confidence: 0.896063758888889

00:17:29.415 --> 00:17:32.218 excluded, about 2 thirds, 60% of the

NOTE Confidence: 0.896063758888889

00:17:32.218 --> 00:17:34.289 people getting any medication for RLS,

NOTE Confidence: 0.896063758888889

00:17:34.290 --> 00:17:36.680 we're getting a dopamine agonist.

NOTE Confidence: 0.896063758888889

00:17:36.680 --> 00:17:39.822 And as you can see almost 20% of

NOTE Confidence: 0.896063758888889

00:17:39.822 --> 00:17:42.168 the people take getting a topamax,

NOTE Confidence: 0.896063758888889

00:17:42.170 --> 00:17:43.466 dopamine agonist.
NOTE Confidence: 0.896063758888889

00:17:43.466 --> 00:17:48.280 We're taking doses at above the FDA
NOTE Confidence: 0.896063758888889

00:17:48.280 --> 00:17:51.240 and guideline recommended maximum
NOTE Confidence: 0.896063758888889

00:17:51.240 --> 00:17:56.200 dose that's 4 milligrams for requip.
NOTE Confidence: 0.896063758888889

00:17:56.200 --> 00:18:01.426 .75 milligrams mirapex above those doses.
NOTE Confidence: 0.896063758888889

00:18:01.430 --> 00:18:02.131 10%.
NOTE Confidence: 0.896063758888889

00:18:02.131 --> 00:18:07.038 We're getting more than 6 milligrams of
NOTE Confidence: 0.896063758888889

00:18:07.038 --> 00:18:11.588 requip or 1.25 milligrams of mirapex.
NOTE Confidence: 0.896063758888889

00:18:11.590 --> 00:18:14.790 There's only one way you get to this.
NOTE Confidence: 0.896063758888889

00:18:14.790 --> 00:18:16.598 And that's through augmentation.
NOTE Confidence: 0.8822715775

00:18:19.050 --> 00:18:20.978 So as I said,
NOTE Confidence: 0.8822715775

00:18:20.978 --> 00:18:22.906 these medications are seductive.
NOTE Confidence: 0.8822715775

00:18:22.910 --> 00:18:24.890 But make no mistake about it,
NOTE Confidence: 0.8822715775

00:18:24.890 --> 00:18:27.854 dopaminergic agents are no longer first
NOTE Confidence: 0.8822715775

00:18:27.854 --> 00:18:31.602 line treatment for RLS and the ASM will
NOTE Confidence: 0.8822715775

00:18:31.602 --> 00:18:34.134 be coming out with those guidelines.

NOTE Confidence: 0.8822715775

00:18:34.140 --> 00:18:36.345 Probably around the end of the year.

NOTE Confidence: 0.8822715775

00:18:36.350 --> 00:18:37.970 What are our alternatives?

NOTE Confidence: 0.43503124

00:18:40.940 --> 00:18:44.374 Forefingers. Dopamine agonists

NOTE Confidence: 0.43503124

00:18:44.374 --> 00:18:47.926 first alternative I think would be

NOTE Confidence: 0.43503124

00:18:47.930 --> 00:18:49.715 we'll talk about iron in a minute,

NOTE Confidence: 0.43503124

00:18:49.720 --> 00:18:53.188 but will be the A2D agents gabapentin,

NOTE Confidence: 0.43503124

00:18:53.188 --> 00:18:57.278 gabapentin, Anna Carbol and pregabalin.

NOTE Confidence: 0.43503124

00:18:57.280 --> 00:18:59.872 These medicines and here you see

NOTE Confidence: 0.43503124

00:18:59.872 --> 00:19:02.549 the range of effective doses here.

NOTE Confidence: 0.43503124

00:19:02.550 --> 00:19:04.944 These medicines are not without side effects.

NOTE Confidence: 0.43503124

00:19:04.950 --> 00:19:06.972 Therefore in many people you're going

NOTE Confidence: 0.43503124

00:19:06.972 --> 00:19:09.389 to have to start low and go slow.

NOTE Confidence: 0.43503124

00:19:09.390 --> 00:19:12.249 But that's fine.

NOTE Confidence: 0.43503124

00:19:12.250 --> 00:19:14.810 Sedation, dizziness, weight gain,

NOTE Confidence: 0.43503124

00:19:14.810 --> 00:19:16.090 gait instability,

NOTE Confidence: 0.43503124

00:19:16.090 --> 00:19:18.952 any of those things actually can
NOTE Confidence: 0.43503124

00:19:18.952 --> 00:19:20.860 interfere with people's tolerability
NOTE Confidence: 0.43503124

00:19:20.935 --> 00:19:22.843 and therefore you may have to
NOTE Confidence: 0.43503124

00:19:22.843 --> 00:19:25.184 pull the plug in some patients and
NOTE Confidence: 0.43503124

00:19:25.184 --> 00:19:27.508 go to one of the next options.
NOTE Confidence: 0.43503124

00:19:27.510 --> 00:19:29.410 But there's really no evidence,
NOTE Confidence: 0.43503124

00:19:29.410 --> 00:19:31.410 no published evidence in
NOTE Confidence: 0.43503124

00:19:31.410 --> 00:19:32.910 my clinical experience,
NOTE Confidence: 0.43503124

00:19:32.910 --> 00:19:34.598 no evidence of augmentation
NOTE Confidence: 0.43503124

00:19:34.598 --> 00:19:35.864 with these agents.
NOTE Confidence: 0.905286722857143

00:19:39.490 --> 00:19:41.688 And when we think about comparative trials,
NOTE Confidence: 0.905286722857143

00:19:41.690 --> 00:19:44.786 which of course are rarely done in medicine,
NOTE Confidence: 0.905286722857143

00:19:44.790 --> 00:19:47.576 but thankfully we were able to do
NOTE Confidence: 0.905286722857143

00:19:47.576 --> 00:19:50.046 a comparative trial of pregabalin
NOTE Confidence: 0.905286722857143

00:19:50.046 --> 00:19:51.846 Lyrica versus Pramipexole,
NOTE Confidence: 0.905286722857143

00:19:51.850 --> 00:19:55.496 mirapex for restless leg syndrome 12

NOTE Confidence: 0.905286722857143

00:19:55.496 --> 00:19:59.920 week placebo-controlled. Section 1.

NOTE Confidence: 0.905286722857143

00:19:59.920 --> 00:20:02.040 Dose of pregabalin, 300 milligrams,

NOTE Confidence: 0.905286722857143

00:20:02.040 --> 00:20:05.512 2 doses of pramipexole .25 and .5

NOTE Confidence: 0.905286722857143

00:20:05.512 --> 00:20:09.140 versus placebo and you can see that

NOTE Confidence: 0.905286722857143

00:20:09.140 --> 00:20:11.685 pregabalin and the higher dose.

NOTE Confidence: 0.905286722857143

00:20:11.690 --> 00:20:13.235 Of primary pexel,

NOTE Confidence: 0.905286722857143

00:20:13.235 --> 00:20:16.840 the FDA maximum approved dose were roughly

NOTE Confidence: 0.905286722857143

00:20:16.933 --> 00:20:20.023 equivalent and in fact pregabalin was

NOTE Confidence: 0.905286722857143

00:20:20.023 --> 00:20:23.809 somewhat better on the IRS severity scale.

NOTE Confidence: 0.905286722857143

00:20:23.810 --> 00:20:26.384 Then everybody on placebo was re

NOTE Confidence: 0.905286722857143

00:20:26.384 --> 00:20:29.347 randomized to one of these three arms

NOTE Confidence: 0.905286722857143

00:20:29.347 --> 00:20:32.518 and we followed them for a year and

NOTE Confidence: 0.905286722857143

00:20:32.518 --> 00:20:35.206 you can see augmentation rates at

NOTE Confidence: 0.905286722857143

00:20:35.206 --> 00:20:39.510 about 8% for the higher pramipexole dose.

NOTE Confidence: 0.905286722857143

00:20:39.510 --> 00:20:43.054 You prima pixel dose and 2% for pregabalin.

NOTE Confidence: 0.905286722857143

00:20:43.054 --> 00:20:46.358 I don't think that was actually augmentation.

NOTE Confidence: 0.905286722857143

00:20:46.360 --> 00:20:49.342 I think that that was just

NOTE Confidence: 0.905286722857143

00:20:49.342 --> 00:20:51.330 variance in their scores.

NOTE Confidence: 0.905286722857143

00:20:51.330 --> 00:20:53.910 Even though we were pretty strict

NOTE Confidence: 0.905286722857143

00:20:53.910 --> 00:20:56.151 on our augmentation criteria or

NOTE Confidence: 0.905286722857143

00:20:56.151 --> 00:20:57.927 maybe progression of disease,

NOTE Confidence: 0.905286722857143

00:20:57.930 --> 00:21:01.938 I do think that these values are real.

NOTE Confidence: 0.905286722857143

00:21:01.940 --> 00:21:04.727 And that somewhere 5 to 10% of

NOTE Confidence: 0.905286722857143

00:21:04.727 --> 00:21:06.675 patients on PRAMIPEXOLE will

NOTE Confidence: 0.905286722857143

00:21:06.675 --> 00:21:08.623 develop augmentation every year.

NOTE Confidence: 0.868864866666667

00:21:15.000 --> 00:21:17.118 The thing to remember about gabapentin,

NOTE Confidence: 0.868864866666667

00:21:17.120 --> 00:21:19.280 if you want to prescribe it for RLS,

NOTE Confidence: 0.868864866666667

00:21:19.280 --> 00:21:23.120 and I do frequently, is that it has

NOTE Confidence: 0.868864866666667

00:21:23.120 --> 00:21:24.721 non-linear pharmacokinetics, something

NOTE Confidence: 0.868864866666667

00:21:24.721 --> 00:21:28.567 that the manufacturers never told us.

NOTE Confidence: 0.868864866666667

00:21:28.570 --> 00:21:32.058 And so here you would see what linear

NOTE Confidence: 0.868864866666667
00:21:32.058 --> 00:21:33.770 pharmacokinetics would look like,
NOTE Confidence: 0.868864866666667
00:21:33.770 --> 00:21:35.174 double the dose,
NOTE Confidence: 0.868864866666667
00:21:35.174 --> 00:21:37.046 double the serum concentration.
NOTE Confidence: 0.868864866666667
00:21:37.050 --> 00:21:39.750 This is what gabapentin looks like.
NOTE Confidence: 0.868864866666667
00:21:39.750 --> 00:21:42.456 Look at how it flattens out.
NOTE Confidence: 0.868864866666667
00:21:42.460 --> 00:21:44.320 So when you increase the dose,
NOTE Confidence: 0.868864866666667
00:21:44.320 --> 00:21:46.846 you're not going to get increased
NOTE Confidence: 0.868864866666667
00:21:46.846 --> 00:21:48.969 serum concentrations if you give
NOTE Confidence: 0.868864866666667
00:21:48.969 --> 00:21:50.809 the medication all at once.
NOTE Confidence: 0.868864866666667
00:21:50.810 --> 00:21:53.514 So therefore, if you want to get doses,
NOTE Confidence: 0.868864866666667
00:21:53.520 --> 00:21:55.160 I generally cut it off
NOTE Confidence: 0.868864866666667
00:21:55.160 --> 00:21:56.472 at about 600 milligrams.
NOTE Confidence: 0.868864866666667
00:21:56.480 --> 00:21:59.000 If you want to give doses
NOTE Confidence: 0.868864866666667
00:21:59.000 --> 00:22:00.260 above 600 milligrams,
NOTE Confidence: 0.868864866666667
00:22:00.260 --> 00:22:02.076 I split the dosing,
NOTE Confidence: 0.868864866666667

00:22:02.076 --> 00:22:06.120 give it once and then two hours later.
NOTE Confidence: 0.868864866666667

00:22:06.120 --> 00:22:07.614 Give another dose.
NOTE Confidence: 0.868864866666667

00:22:07.614 --> 00:22:10.602 This way you can approximate more
NOTE Confidence: 0.868864866666667

00:22:10.602 --> 00:22:13.550 linear pharmacokinetics because the
NOTE Confidence: 0.868864866666667

00:22:13.550 --> 00:22:17.169 receptors in the gut are not saturated.
NOTE Confidence: 0.85395016

00:22:19.350 --> 00:22:22.086 Let's talk about iron. As you can see,
NOTE Confidence: 0.85395016

00:22:22.090 --> 00:22:24.190 I'm kind of rushing through these other
NOTE Confidence: 0.85395016

00:22:24.190 --> 00:22:26.115 treatments because I'm going to spend a
NOTE Confidence: 0.85395016

00:22:26.115 --> 00:22:27.952 lot of time talking about opioids and
NOTE Confidence: 0.85395016

00:22:27.952 --> 00:22:29.607 about the management of augmentation.
NOTE Confidence: 0.85395016

00:22:29.610 --> 00:22:32.994 But just to give us some basis here
NOTE Confidence: 0.85395016

00:22:32.994 --> 00:22:36.358 on the four treatments for RLS.
NOTE Confidence: 0.85395016

00:22:36.360 --> 00:22:43.182 So. Iron has been shown to be
NOTE Confidence: 0.85395016

00:22:43.182 --> 00:22:47.660 efficacious in patients. Who have?
NOTE Confidence: 0.85395016

00:22:47.660 --> 00:22:51.860 Iron indices that are within certain ranges.
NOTE Confidence: 0.85395016

00:22:51.860 --> 00:22:56.515 So for PO iron and those individuals

NOTE Confidence: 0.85395016

00:22:56.520 --> 00:22:59.310 with ferritin less than 75,

NOTE Confidence: 0.85395016

00:22:59.310 --> 00:23:01.476 in fact the mean was 38.

NOTE Confidence: 0.85395016

00:23:01.480 --> 00:23:04.456 You can see the two groups at baseline

NOTE Confidence: 0.85395016

00:23:04.456 --> 00:23:06.956 were right around that 40 and 36.

NOTE Confidence: 0.85395016

00:23:06.960 --> 00:23:11.052 You can see what happens to

NOTE Confidence: 0.85395016

00:23:11.052 --> 00:23:15.489 the IRS score it went from.

NOTE Confidence: 0.85395016

00:23:15.490 --> 00:23:17.520 23 to 25 and the two groups,

NOTE Confidence: 0.85395016

00:23:17.520 --> 00:23:20.046 Iron Group and the placebo group

NOTE Confidence: 0.85395016

00:23:20.046 --> 00:23:22.955 dropped 10 points on the IRS scale

NOTE Confidence: 0.85395016

00:23:22.955 --> 00:23:25.622 in the Iron Group and dropped only

NOTE Confidence: 0.85395016

00:23:25.706 --> 00:23:28.166 one point in the placebo group.

NOTE Confidence: 0.85395016

00:23:28.170 --> 00:23:31.838 Really dramatic difference there.

NOTE Confidence: 0.85395016

00:23:31.838 --> 00:23:34.589 For IV iron.

NOTE Confidence: 0.85395016

00:23:34.590 --> 00:23:36.210 Umm.

NOTE Confidence: 0.85395016

00:23:36.210 --> 00:23:36.776 Generally,

NOTE Confidence: 0.85395016

00:23:36.776 --> 00:23:40.172 again we recommend that it be
NOTE Confidence: 0.85395016

00:23:40.172 --> 00:23:43.082 used in individuals with ferritin
NOTE Confidence: 0.85395016

00:23:43.082 --> 00:23:45.506 level less than 100.
NOTE Confidence: 0.85395016

00:23:45.510 --> 00:23:48.828 Here you can see a clinical trial
NOTE Confidence: 0.85395016

00:23:48.828 --> 00:23:51.666 of IV ferric carboxy maltose
NOTE Confidence: 0.85395016

00:23:51.666 --> 00:23:53.754 one 1000 milligram dose.
NOTE Confidence: 0.85395016

00:23:53.754 --> 00:23:56.622 And again here you see placebo.
NOTE Confidence: 0.85395016

00:23:56.630 --> 00:23:58.655 It went from whatever it
NOTE Confidence: 0.85395016

00:23:58.655 --> 00:24:01.410 went to my lost four points,
NOTE Confidence: 0.85395016

00:24:01.410 --> 00:24:03.708 improved 4 points at week one,
NOTE Confidence: 0.85395016

00:24:03.710 --> 00:24:06.086 but then really didn't change over that time.
NOTE Confidence: 0.85395016

00:24:06.090 --> 00:24:08.806 On that and look what happens in
NOTE Confidence: 0.85395016

00:24:08.806 --> 00:24:11.030 the ferric carboxy maltose group
NOTE Confidence: 0.85395016

00:24:11.030 --> 00:24:13.475 and these are blinded patients.
NOTE Confidence: 0.85395016

00:24:13.480 --> 00:24:16.040 You're in a setting where the IV bag
NOTE Confidence: 0.85395016

00:24:16.040 --> 00:24:18.696 is and the line are both covered,

NOTE Confidence: 0.85395016

00:24:18.700 --> 00:24:21.106 so they can't tell because FCM

NOTE Confidence: 0.85395016

00:24:21.106 --> 00:24:23.188 and most iron formulations are

NOTE Confidence: 0.85395016

00:24:23.188 --> 00:24:24.820 brown whereas saline was.

NOTE Confidence: 0.85395016

00:24:24.820 --> 00:24:28.156 The placebo is obviously not brand.

NOTE Confidence: 0.85395016

00:24:28.160 --> 00:24:31.352 So you can see here that IV

NOTE Confidence: 0.85395016

00:24:31.352 --> 00:24:34.430 iron takes a while to work.

NOTE Confidence: 0.85395016

00:24:34.430 --> 00:24:35.603 Doesn't work quickly.

NOTE Confidence: 0.85395016

00:24:35.603 --> 00:24:37.949 Seem to have its maximum benefit

NOTE Confidence: 0.85395016

00:24:37.949 --> 00:24:39.738 here at 12 weeks in fact.

NOTE Confidence: 0.9064463

00:24:41.980 --> 00:24:46.290 And #4. Finger would be opioids and

NOTE Confidence: 0.9064463

00:24:46.290 --> 00:24:49.443 you can see of course we have a wide

NOTE Confidence: 0.9064463

00:24:49.443 --> 00:24:51.471 range of opioids available to us.

NOTE Confidence: 0.8895623911111111

00:24:53.720 --> 00:24:55.856 And really, I've divided

NOTE Confidence: 0.8895623911111111

00:24:55.856 --> 00:24:58.526 them based on half life.

NOTE Confidence: 0.8895623911111111

00:24:58.530 --> 00:25:01.988 We have these shorter agents in here,

NOTE Confidence: 0.8895623911111111

00:25:01.990 --> 00:25:04.258 Tramadol, codeine, morphine,
NOTE Confidence: 0.8895623911111111

00:25:04.258 --> 00:25:05.770 oxycodone, hydrocodone.
NOTE Confidence: 0.8895623911111111

00:25:05.770 --> 00:25:09.739 A couple of them have ER formulations
NOTE Confidence: 0.8895623911111111

00:25:09.739 --> 00:25:14.228 which make them not so much short acting.
NOTE Confidence: 0.8895623911111111

00:25:14.230 --> 00:25:17.807 And then the two long acting agents
NOTE Confidence: 0.8895623911111111

00:25:17.807 --> 00:25:21.972 oftentimes once a day because of long
NOTE Confidence: 0.8895623911111111

00:25:21.972 --> 00:25:25.132 half lives methadone and buprenorphine.
NOTE Confidence: 0.8895623911111111

00:25:25.140 --> 00:25:27.236 And I'm not going to go into the
NOTE Confidence: 0.8895623911111111

00:25:27.236 --> 00:25:29.309 details here of where you start the
NOTE Confidence: 0.8895623911111111

00:25:29.309 --> 00:25:31.150 dose and the usual effective dose,
NOTE Confidence: 0.8895623911111111

00:25:31.150 --> 00:25:35.168 but opioids are extremely effective for RLS.
NOTE Confidence: 0.9398017

00:25:37.590 --> 00:25:41.988 However. Most doctors in the
NOTE Confidence: 0.9398017

00:25:41.988 --> 00:25:45.595 United States are very, very.
NOTE Confidence: 0.9398017

00:25:45.595 --> 00:25:49.134 Umm. Let me change that.
NOTE Confidence: 0.9398017

00:25:49.134 --> 00:25:51.840 About 1/3 of the United States
NOTE Confidence: 0.9398017

00:25:51.940 --> 00:25:54.288 physicians will no longer,

NOTE Confidence: 0.9398017

00:25:54.290 --> 00:25:57.746 and during this period from 2012 to 2017,

NOTE Confidence: 0.9398017

00:25:57.750 --> 00:26:01.070 stopped writing prescriptions for opioids.

NOTE Confidence: 0.9398017

00:26:01.070 --> 00:26:03.626 1/3 of doctors say,

NOTE Confidence: 0.9398017

00:26:03.626 --> 00:26:07.460 I don't prescribe them for anything.

NOTE Confidence: 0.9398017

00:26:07.460 --> 00:26:09.320 Which I think is problematic.

NOTE Confidence: 0.9398017

00:26:09.320 --> 00:26:11.300 That's not our role as doctors.

NOTE Confidence: 0.9398017

00:26:11.300 --> 00:26:13.580 We balance risks and benefits.

NOTE Confidence: 0.9398017

00:26:13.580 --> 00:26:16.820 That's what our training led us to do.

NOTE Confidence: 0.9398017

00:26:16.820 --> 00:26:20.351 And 1/3 of doctors are saying there

NOTE Confidence: 0.9398017

00:26:20.351 --> 00:26:24.628 is no benefit that outweighs the risk.

NOTE Confidence: 0.9398017

00:26:24.630 --> 00:26:25.878 And that's unfortunate.

NOTE Confidence: 0.9398017

00:26:25.878 --> 00:26:28.790 So those of us who are prescribing

NOTE Confidence: 0.9398017

00:26:28.862 --> 00:26:31.718 opioids for RLS are really kind of

NOTE Confidence: 0.9398017

00:26:31.718 --> 00:26:33.828 swimming upstream here going against

NOTE Confidence: 0.9398017

00:26:33.828 --> 00:26:36.693 what many other docs are doing, but.

NOTE Confidence: 0.9398017

00:26:36.693 --> 00:26:39.794 I think we need to recognize the
NOTE Confidence: 0.9398017

00:26:39.794 --> 00:26:42.987 pendulum has swung and the CDC kind of
NOTE Confidence: 0.9398017

00:26:42.990 --> 00:26:46.038 stated that just earlier at the end of
NOTE Confidence: 0.9398017

00:26:46.038 --> 00:26:49.077 last year and it will swing back and
NOTE Confidence: 0.9398017

00:26:49.077 --> 00:26:51.961 opioids will find a reasonable use in
NOTE Confidence: 0.9398017

00:26:51.961 --> 00:26:55.076 medicine and for the treatment of RLS.
NOTE Confidence: 0.9398017

00:26:55.080 --> 00:26:59.456 For doctors really is comes down to our
NOTE Confidence: 0.9398017

00:26:59.456 --> 00:27:03.338 fear versus our care of our patients.
NOTE Confidence: 0.9398017

00:27:03.340 --> 00:27:05.762 Everybody's got to find their own place
NOTE Confidence: 0.9398017

00:27:05.762 --> 00:27:08.258 where they feel comfortable with that.
NOTE Confidence: 0.9398017

00:27:08.260 --> 00:27:11.596 And so I'm not going to.
NOTE Confidence: 0.9398017

00:27:11.600 --> 00:27:14.240 Suggest that if your concern
NOTE Confidence: 0.9398017

00:27:14.240 --> 00:27:16.352 or discomfort with prescribing
NOTE Confidence: 0.9398017

00:27:16.352 --> 00:27:18.998 these medications is excessive,
NOTE Confidence: 0.9398017

00:27:19.000 --> 00:27:20.660 that you should do it.
NOTE Confidence: 0.9398017

00:27:20.660 --> 00:27:22.010 If you're uncomfortable,

NOTE Confidence: 0.9398017

00:27:22.010 --> 00:27:24.710 of course you shouldn't do it.

NOTE Confidence: 0.9398017

00:27:24.710 --> 00:27:25.255 However,

NOTE Confidence: 0.9398017

00:27:25.255 --> 00:27:29.070 you should know that a number of

NOTE Confidence: 0.9398017

00:27:29.070 --> 00:27:33.954 analysis have looked at doctors who

NOTE Confidence: 0.9398017

00:27:33.954 --> 00:27:37.210 did prescribe opioids inappropriately.

NOTE Confidence: 0.9398017

00:27:37.210 --> 00:27:40.590 And they identified these three

NOTE Confidence: 0.9398017

00:27:40.590 --> 00:27:43.000 CD's that predict who's going

NOTE Confidence: 0.9398017

00:27:43.000 --> 00:27:45.410 to be a problematic prescriber.

NOTE Confidence: 0.9398017

00:27:45.410 --> 00:27:47.270 People who are careless,

NOTE Confidence: 0.9398017

00:27:47.270 --> 00:27:49.130 doctors who are careless,

NOTE Confidence: 0.9398017

00:27:49.130 --> 00:27:50.561 corrupt or compromised.

NOTE Confidence: 0.9398017

00:27:50.561 --> 00:27:53.900 If you're not one of those things,

NOTE Confidence: 0.9398017

00:27:53.900 --> 00:27:56.845 you can prescribe opioids appropriately

NOTE Confidence: 0.9398017

00:27:56.845 --> 00:27:59.790 and safely to your patients.

NOTE Confidence: 0.852984067142857

00:28:02.040 --> 00:28:04.840 Before starting an opioid for restless legs,

NOTE Confidence: 0.852984067142857

00:28:04.840 --> 00:28:06.716 there are few things you're going to
NOTE Confidence: 0.852984067142857

00:28:06.716 --> 00:28:09.476 want to do or that you're required to do.
NOTE Confidence: 0.852984067142857

00:28:09.480 --> 00:28:11.070 You want to think about the
NOTE Confidence: 0.852984067142857

00:28:11.070 --> 00:28:12.709 features and the opioid risk tool.
NOTE Confidence: 0.852984067142857

00:28:12.710 --> 00:28:15.140 This is really not been validated,
NOTE Confidence: 0.852984067142857

00:28:15.140 --> 00:28:18.045 but it's the best that we've got.
NOTE Confidence: 0.852984067142857

00:28:18.050 --> 00:28:20.310 Think about the individuals history
NOTE Confidence: 0.852984067142857

00:28:20.310 --> 00:28:22.472 of substance abuse, their family
NOTE Confidence: 0.852984067142857

00:28:22.472 --> 00:28:25.292 history of substance abuse, their age.
NOTE Confidence: 0.852984067142857

00:28:25.292 --> 00:28:29.534 Any history of pre adolescent sexual abuse?
NOTE Confidence: 0.852984067142857

00:28:29.540 --> 00:28:31.121 Certain psychiatric diseases.
NOTE Confidence: 0.852984067142857

00:28:31.121 --> 00:28:34.810 And then you add these numbers up
NOTE Confidence: 0.852984067142857

00:28:34.897 --> 00:28:37.905 and it'll come up with a risk score.
NOTE Confidence: 0.852984067142857

00:28:37.910 --> 00:28:40.556 How likely the person is to
NOTE Confidence: 0.852984067142857

00:28:40.556 --> 00:28:43.540 misuse one of these medications?
NOTE Confidence: 0.852984067142857

00:28:43.540 --> 00:28:45.476 Always check the PDMP.

NOTE Confidence: 0.852984067142857
00:28:45.476 --> 00:28:47.896 I'd love checking the prescription
NOTE Confidence: 0.852984067142857
00:28:47.896 --> 00:28:49.879 monitoring program in my state.
NOTE Confidence: 0.852984067142857
00:28:49.880 --> 00:28:50.462 I don't know,
NOTE Confidence: 0.852984067142857
00:28:50.462 --> 00:28:52.212 maybe I you know I when I was a
NOTE Confidence: 0.852984067142857
00:28:52.212 --> 00:28:53.872 kid I wanted to be a cop and you
NOTE Confidence: 0.852984067142857
00:28:53.872 --> 00:28:55.396 get to combine kind of medicine
NOTE Confidence: 0.852984067142857
00:28:55.396 --> 00:28:57.972 and police work here and try to
NOTE Confidence: 0.852984067142857
00:28:57.972 --> 00:29:00.690 see what people are doing and.
NOTE Confidence: 0.852984067142857
00:29:00.690 --> 00:29:01.290 Umm.
NOTE Confidence: 0.852984067142857
00:29:01.290 --> 00:29:05.490 And you can identify people who are
NOTE Confidence: 0.852984067142857
00:29:05.490 --> 00:29:08.450 using medications inappropriately.
NOTE Confidence: 0.852984067142857
00:29:08.450 --> 00:29:10.226 I generally do not do it.
NOTE Confidence: 0.852984067142857
00:29:10.230 --> 00:29:12.240 You're in talk screen unless
NOTE Confidence: 0.852984067142857
00:29:12.240 --> 00:29:13.848 I have particular concerns.
NOTE Confidence: 0.852984067142857
00:29:13.850 --> 00:29:17.665 And at mass general we are required
NOTE Confidence: 0.852984067142857

00:29:17.665 --> 00:29:20.934 to review an opioid agreement and have

NOTE Confidence: 0.852984067142857

00:29:20.934 --> 00:29:23.399 patients verbally assent or sign it.

NOTE Confidence: 0.820939005

00:29:27.460 --> 00:29:30.188 When you're writing an

NOTE Confidence: 0.820939005

00:29:30.188 --> 00:29:32.916 opioid prescription for RLS.

NOTE Confidence: 0.820939005

00:29:32.920 --> 00:29:35.182 I always put these words in

NOTE Confidence: 0.820939005

00:29:35.182 --> 00:29:37.459 the notes for chronic RLS pain.

NOTE Confidence: 0.892015239166667

00:29:41.880 --> 00:29:44.912 #1 #2 you no longer need an X

NOTE Confidence: 0.892015239166667

00:29:44.912 --> 00:29:48.040 license to prescribe buprenorphine.

NOTE Confidence: 0.892015239166667

00:29:48.040 --> 00:29:49.996 They've just gotten rid of that.

NOTE Confidence: 0.892015239166667

00:29:50.000 --> 00:29:53.768 That is no longer relevant for for you.

NOTE Confidence: 0.892015239166667

00:29:53.770 --> 00:29:55.714 And if somebody says you need an extra

NOTE Confidence: 0.892015239166667

00:29:55.714 --> 00:29:57.780 license, say not anymore you don't,

NOTE Confidence: 0.892015239166667

00:29:57.780 --> 00:30:02.108 and you could also say it's for pain.

NOTE Confidence: 0.892015239166667

00:30:02.110 --> 00:30:04.186 I only write one month prescriptions.

NOTE Confidence: 0.892015239166667

00:30:04.190 --> 00:30:05.947 Obviously that's all you're able to write.

NOTE Confidence: 0.892015239166667

00:30:05.950 --> 00:30:09.928 No refills other than for buprenorphine.

NOTE Confidence: 0.892015239166667
00:30:09.930 --> 00:30:13.344 But I write 3 sequential one
NOTE Confidence: 0.892015239166667
00:30:13.344 --> 00:30:15.620 month prescriptions in EPIC.
NOTE Confidence: 0.892015239166667
00:30:15.620 --> 00:30:17.304 Dated one month sequentially,
NOTE Confidence: 0.892015239166667
00:30:17.304 --> 00:30:20.998 and I see people every three to four months,
NOTE Confidence: 0.892015239166667
00:30:21.000 --> 00:30:23.286 as is required by mass general
NOTE Confidence: 0.892015239166667
00:30:23.286 --> 00:30:26.030 and the state of Massachusetts.
NOTE Confidence: 0.892015239166667
00:30:26.030 --> 00:30:27.722 That's fine. I'm happy to see
NOTE Confidence: 0.892015239166667
00:30:27.722 --> 00:30:29.599 them every three or four months.
NOTE Confidence: 0.892015239166667
00:30:29.600 --> 00:30:31.960 And.
NOTE Confidence: 0.892015239166667
00:30:31.960 --> 00:30:35.320 Keep an eye on their RLS,
NOTE Confidence: 0.892015239166667
00:30:35.320 --> 00:30:36.685 their General Medical health and
NOTE Confidence: 0.892015239166667
00:30:36.685 --> 00:30:38.050 their use of these medicines.
NOTE Confidence: 0.84436287
00:30:40.420 --> 00:30:47.125 So how would I use opioids for RLS so?
NOTE Confidence: 0.84436287
00:30:47.130 --> 00:30:49.377 Opioid treatment is based on the 24
NOTE Confidence: 0.84436287
00:30:49.377 --> 00:30:51.149 hour distribution of RLS symptoms.
NOTE Confidence: 0.84436287

00:30:51.150 --> 00:30:53.595 All RLS treatments are based
NOTE Confidence: 0.84436287
00:30:53.595 --> 00:30:56.040 on the 24 hour distribution.
NOTE Confidence: 0.84436287
00:30:56.040 --> 00:30:57.452 As they pointed out,
NOTE Confidence: 0.84436287
00:30:57.452 --> 00:31:00.040 people only have RLS symptoms at night.
NOTE Confidence: 0.84436287
00:31:00.040 --> 00:31:01.256 And if, God forbid,
NOTE Confidence: 0.84436287
00:31:01.256 --> 00:31:03.660 you want to start a dopamine agonist,
NOTE Confidence: 0.84436287
00:31:03.660 --> 00:31:04.784 don't start a TID.
NOTE Confidence: 0.84436287
00:31:04.784 --> 00:31:06.470 Start at an hour or two
NOTE Confidence: 0.84436287
00:31:06.544 --> 00:31:08.020 before symptoms start.
NOTE Confidence: 0.84436287
00:31:08.020 --> 00:31:10.408 Same thing with gabapentin or pregabalin.
NOTE Confidence: 0.809017581428571
00:31:12.900 --> 00:31:14.475 Opioids differ predominantly,
NOTE Confidence: 0.809017581428571
00:31:14.475 --> 00:31:16.575 and they're half life.
NOTE Confidence: 0.809017581428571
00:31:16.580 --> 00:31:19.256 And therefore I'm going to base
NOTE Confidence: 0.809017581428571
00:31:19.256 --> 00:31:22.409 the opioid choice on the pattern
NOTE Confidence: 0.809017581428571
00:31:22.409 --> 00:31:25.599 distribution of bothersome RLS symptoms.
NOTE Confidence: 0.809017581428571
00:31:25.600 --> 00:31:27.462 If they had just a few hours

NOTE Confidence: 0.809017581428571
00:31:27.462 --> 00:31:29.640 a day of our less symptoms,
NOTE Confidence: 0.809017581428571
00:31:29.640 --> 00:31:33.120 I may give them a short acting opioid,
NOTE Confidence: 0.809017581428571
00:31:33.120 --> 00:31:35.620 oxycodone, tramadol, hydrocodone, codeine.
NOTE Confidence: 0.809017581428571
00:31:35.620 --> 00:31:38.120 But remember these are
NOTE Confidence: 0.809017581428571
00:31:38.120 --> 00:31:40.690 oxycodones like 4 hours codeine.
NOTE Confidence: 0.809017581428571
00:31:40.690 --> 00:31:42.035 You're not going to get
NOTE Confidence: 0.809017581428571
00:31:42.035 --> 00:31:43.620 even four hours out of it.
NOTE Confidence: 0.809017581428571
00:31:43.620 --> 00:31:46.275 So these are short term and the concern is,
NOTE Confidence: 0.809017581428571
00:31:46.280 --> 00:31:48.008 is that when they wear off.
NOTE Confidence: 0.809017581428571
00:31:48.010 --> 00:31:49.864 There's going to be a rebound
NOTE Confidence: 0.809017581428571
00:31:49.864 --> 00:31:51.878 of RLS or that you're going
NOTE Confidence: 0.809017581428571
00:31:51.878 --> 00:31:53.984 to create a rebound of RLS.
NOTE Confidence: 0.809017581428571
00:31:53.990 --> 00:31:55.250 For people who have symptoms,
NOTE Confidence: 0.809017581428571
00:31:55.250 --> 00:31:57.434 let's say that start at 10:00 o'clock
NOTE Confidence: 0.809017581428571
00:31:57.434 --> 00:32:00.206 at night and they are still waking up at
NOTE Confidence: 0.809017581428571

00:32:00.206 --> 00:32:02.508 3:00 o'clock in the morning with RLS.
NOTE Confidence: 0.809017581428571

00:32:02.510 --> 00:32:05.527 I may use an extended release formulation,
NOTE Confidence: 0.809017581428571

00:32:05.530 --> 00:32:07.506 for instance oxycodone ER.
NOTE Confidence: 0.809017581428571

00:32:07.506 --> 00:32:10.470 But for people of symptoms more
NOTE Confidence: 0.809017581428571

00:32:10.564 --> 00:32:12.269 than 10 hours a day,
NOTE Confidence: 0.809017581428571

00:32:12.270 --> 00:32:14.874 I'm going to use methadone or buprenorphine.
NOTE Confidence: 0.894090817142857

00:32:17.420 --> 00:32:19.886 I want to briefly review data
NOTE Confidence: 0.894090817142857

00:32:19.886 --> 00:32:21.530 from the national Restless
NOTE Confidence: 0.894090817142857

00:32:21.609 --> 00:32:23.737 leg syndrome opioid registry,
NOTE Confidence: 0.894090817142857

00:32:23.740 --> 00:32:26.708 a study that I started five years ago.
NOTE Confidence: 0.894090817142857

00:32:26.710 --> 00:32:29.014 With funding from the Rs Foundation
NOTE Confidence: 0.894090817142857

00:32:29.014 --> 00:32:31.667 and now is primarily funded through
NOTE Confidence: 0.894090817142857

00:32:31.667 --> 00:32:34.267 the Bazooka Brain Research Foundation,
NOTE Confidence: 0.894090817142857

00:32:34.270 --> 00:32:38.930 we put, we contacted providers,
NOTE Confidence: 0.894090817142857

00:32:38.930 --> 00:32:41.246 Rs providers around the United States.
NOTE Confidence: 0.894090817142857

00:32:41.250 --> 00:32:43.018 Brian Koo was very,

NOTE Confidence: 0.894090817142857
00:32:43.018 --> 00:32:45.228 very helpful in this regard.
NOTE Confidence: 0.894090817142857
00:32:45.230 --> 00:32:49.500 We putting them in something in
NOTE Confidence: 0.894090817142857
00:32:49.500 --> 00:32:52.076 the RLS Foundation website and we
NOTE Confidence: 0.894090817142857
00:32:52.076 --> 00:32:54.560 got a 500 people within about one
NOTE Confidence: 0.894090817142857
00:32:54.560 --> 00:32:56.630 year who wanted to participate.
NOTE Confidence: 0.894090817142857
00:32:56.630 --> 00:33:00.014 The date of 1 hour interview at the
NOTE Confidence: 0.894090817142857
00:33:00.014 --> 00:33:02.072 beginning followed up immediately by
NOTE Confidence: 0.894090817142857
00:33:02.072 --> 00:33:05.268 about a 30 to 45 minute survey and
NOTE Confidence: 0.894090817142857
00:33:05.268 --> 00:33:08.154 every six months thereafter since then.
NOTE Confidence: 0.894090817142857
00:33:08.160 --> 00:33:11.298 We have been.
NOTE Confidence: 0.894090817142857
00:33:11.300 --> 00:33:14.555 Sending surveys out to individuals
NOTE Confidence: 0.894090817142857
00:33:14.555 --> 00:33:18.569 in the registry and we've had
NOTE Confidence: 0.894090817142857
00:33:18.569 --> 00:33:20.498 enormous commitment from people,
NOTE Confidence: 0.894090817142857
00:33:20.498 --> 00:33:25.150 so we have about a 95%.
NOTE Confidence: 0.894090817142857
00:33:25.150 --> 00:33:28.720 Persistent involvement in our registry,
NOTE Confidence: 0.894090817142857

00:33:28.720 --> 00:33:30.478 of course few people have died,
NOTE Confidence: 0.894090817142857

00:33:30.480 --> 00:33:32.260 some people have stopped opioids,
NOTE Confidence: 0.894090817142857

00:33:32.260 --> 00:33:34.180 but we've lost very few people.
NOTE Confidence: 0.894090817142857

00:33:34.180 --> 00:33:36.996 Otherwise it's you can see at baseline the
NOTE Confidence: 0.894090817142857

00:33:36.996 --> 00:33:39.660 majority of people were taking methadone,
NOTE Confidence: 0.894090817142857

00:33:39.660 --> 00:33:43.302 some were taking oxycodone or hydrocodone
NOTE Confidence: 0.894090817142857

00:33:43.302 --> 00:33:47.418 and then lesser numbers of other opioids.
NOTE Confidence: 0.894090817142857

00:33:47.420 --> 00:33:51.634 About 60% female majority are over 60.
NOTE Confidence: 0.894090817142857

00:33:51.640 --> 00:33:55.060 Vast majority are white.
NOTE Confidence: 0.894090817142857

00:33:55.060 --> 00:33:57.850 Baseline median MDMA morphine
NOTE Confidence: 0.894090817142857

00:33:57.850 --> 00:34:00.010 milligram equivalent was thirty.
NOTE Confidence: 0.894090817142857

00:34:00.010 --> 00:34:03.130 It's 20 milligrams of oxycodone,
NOTE Confidence: 0.894090817142857

00:34:03.130 --> 00:34:06.720 7 1/2 milligrams of methadone.
NOTE Confidence: 0.894090817142857

00:34:06.720 --> 00:34:10.239 80% of people taking an ME less than 50,
NOTE Confidence: 0.894090817142857

00:34:10.240 --> 00:34:11.010 so that's.
NOTE Confidence: 0.92885807

00:34:13.630 --> 00:34:15.858 35 milligrams of oxycodone,

NOTE Confidence: 0.92885807

00:34:15.858 --> 00:34:18.643 12 1/2 milligrams of methadone,

NOTE Confidence: 0.92885807

00:34:18.650 --> 00:34:21.180 80% taking less than that.

NOTE Confidence: 0.938621012

00:34:24.130 --> 00:34:27.712 We just had our paper two

NOTE Confidence: 0.938621012

00:34:27.712 --> 00:34:29.218 year longitudinal data.

NOTE Confidence: 0.87763326625

00:34:31.420 --> 00:34:34.828 Accepted to neurology and you can see here,

NOTE Confidence: 0.87763326625

00:34:34.830 --> 00:34:37.086 let's just focus on dosing and you can

NOTE Confidence: 0.87763326625

00:34:37.086 --> 00:34:39.336 see here from baseline to two years.

NOTE Confidence: 0.87763326625

00:34:39.340 --> 00:34:40.580 And let me make clear,

NOTE Confidence: 0.87763326625

00:34:40.580 --> 00:34:43.340 when people entered the registry,

NOTE Confidence: 0.87763326625

00:34:43.340 --> 00:34:46.014 the median time on opioids was already

NOTE Confidence: 0.87763326625

00:34:46.014 --> 00:34:49.320 one to three-year, two to three years.

NOTE Confidence: 0.87763326625

00:34:49.320 --> 00:34:50.610 The there were some who

NOTE Confidence: 0.87763326625

00:34:50.610 --> 00:34:51.900 were less than one year,

NOTE Confidence: 0.87763326625

00:34:51.900 --> 00:34:53.797 some there were more than three years.

NOTE Confidence: 0.87763326625

00:34:53.800 --> 00:34:55.084 A number of there were even

NOTE Confidence: 0.87763326625

00:34:55.084 --> 00:34:55.940 more than five years.
NOTE Confidence: 0.87763326625

00:34:55.940 --> 00:34:59.078 But from baseline to two years,
NOTE Confidence: 0.87763326625

00:34:59.080 --> 00:35:01.260 here's change in opioid.
NOTE Confidence: 0.87763326625

00:35:01.260 --> 00:35:04.145 See about 45% of people had no
NOTE Confidence: 0.87763326625

00:35:04.145 --> 00:35:05.940 change in their opioid dose.
NOTE Confidence: 0.87763326625

00:35:05.940 --> 00:35:09.396 About 25% had an IME increase
NOTE Confidence: 0.87763326625

00:35:09.396 --> 00:35:11.700 of less than 10.
NOTE Confidence: 0.87763326625

00:35:11.700 --> 00:35:14.690 That's 7 milligrams of oxycodone
NOTE Confidence: 0.87763326625

00:35:14.690 --> 00:35:17.815 increased 2 1/2 milligrams of methadone
NOTE Confidence: 0.87763326625

00:35:17.815 --> 00:35:19.835 increase we were particularly.
NOTE Confidence: 0.87763326625

00:35:19.840 --> 00:35:22.528 Interested in those people
NOTE Confidence: 0.87763326625

00:35:22.528 --> 00:35:25.216 who had large increases?
NOTE Confidence: 0.87763326625

00:35:25.220 --> 00:35:26.132 In opioid dose,
NOTE Confidence: 0.87763326625

00:35:26.132 --> 00:35:27.956 those are the ones that we
NOTE Confidence: 0.87763326625

00:35:27.956 --> 00:35:29.539 would be concerned about.
NOTE Confidence: 0.87763326625

00:35:29.540 --> 00:35:31.940 Obviously they're bumping up in

NOTE Confidence: 0.87763326625

00:35:31.940 --> 00:35:34.340 two years of substantial increase.

NOTE Confidence: 0.87763326625

00:35:34.340 --> 00:35:37.778 In ME this is 35 milligram

NOTE Confidence: 0.87763326625

00:35:37.778 --> 00:35:39.497 increase of oxycodone,

NOTE Confidence: 0.87763326625

00:35:39.500 --> 00:35:42.020 12 1/2 milligram increase of methadone

NOTE Confidence: 0.87763326625

00:35:42.020 --> 00:35:45.480 and these were the independent predictors.

NOTE Confidence: 0.87763326625

00:35:45.480 --> 00:35:48.364 And so at baseline people with these

NOTE Confidence: 0.87763326625

00:35:48.364 --> 00:35:51.158 things or people who are on opioids,

NOTE Confidence: 0.87763326625

00:35:51.160 --> 00:35:53.662 these are people you want to

NOTE Confidence: 0.87763326625

00:35:53.662 --> 00:35:55.330 have more vigilance about.

NOTE Confidence: 0.87763326625

00:35:55.330 --> 00:35:57.238 People who are using an opioid

NOTE Confidence: 0.87763326625

00:35:57.238 --> 00:35:58.510 for comorbid pain condition,

NOTE Confidence: 0.87763326625

00:35:58.510 --> 00:35:58.882 well,

NOTE Confidence: 0.87763326625

00:35:58.882 --> 00:36:01.114 it's probably the comorbid pain condition

NOTE Confidence: 0.87763326625

00:36:01.114 --> 00:36:03.488 that's leading to the increase in dose.

NOTE Confidence: 0.87763326625

00:36:03.490 --> 00:36:05.158 People who stopped another

NOTE Confidence: 0.87763326625

00:36:05.158 --> 00:36:06.740 medication for RLS, well,
NOTE Confidence: 0.87763326625

00:36:06.740 --> 00:36:09.050 if there were two medicines before working
NOTE Confidence: 0.87763326625

00:36:09.050 --> 00:36:11.549 for RLS and you took one of them away,
NOTE Confidence: 0.87763326625

00:36:11.550 --> 00:36:13.737 it makes sense that one of them might need
NOTE Confidence: 0.87763326625

00:36:13.737 --> 00:36:16.038 to increase people who switched opioids.
NOTE Confidence: 0.87763326625

00:36:16.040 --> 00:36:18.764 These were oftentimes people
NOTE Confidence: 0.87763326625

00:36:18.764 --> 00:36:21.488 who switched to methadone.
NOTE Confidence: 0.87763326625

00:36:21.490 --> 00:36:23.933 And what we found was that there
NOTE Confidence: 0.87763326625

00:36:23.933 --> 00:36:25.989 RLS severity scores went way down,
NOTE Confidence: 0.87763326625

00:36:25.990 --> 00:36:30.046 but the ME went up in these individuals
NOTE Confidence: 0.87763326625

00:36:30.046 --> 00:36:33.599 and some of that has to do with.
NOTE Confidence: 0.87763326625

00:36:33.600 --> 00:36:36.060 Some unusual characteristics of
NOTE Confidence: 0.87763326625

00:36:36.060 --> 00:36:38.520 methadone equivalencies in figuring
NOTE Confidence: 0.87763326625

00:36:38.520 --> 00:36:42.215 out the MMA male sex was a predictor,
NOTE Confidence: 0.87763326625

00:36:42.220 --> 00:36:43.612 people with depressive disorder
NOTE Confidence: 0.87763326625

00:36:43.612 --> 00:36:45.352 at baseline was a predictor,

NOTE Confidence: 0.87763326625

00:36:45.360 --> 00:36:48.441 and younger people.

NOTE Confidence: 0.87763326625

00:36:48.441 --> 00:36:49.468 Younger.

NOTE Confidence: 0.87763326625

00:36:49.470 --> 00:36:51.567 At this point, I guess I have to say

NOTE Confidence: 0.87763326625

00:36:51.567 --> 00:36:53.627 that less than 45 is younger people.

NOTE Confidence: 0.87763326625

00:36:53.630 --> 00:36:56.080 It was also a predictor.

NOTE Confidence: 0.87763326625

00:36:56.080 --> 00:36:57.900 As I talked about,

NOTE Confidence: 0.87763326625

00:36:57.900 --> 00:37:00.630 no change in median dose from

NOTE Confidence: 0.87763326625

00:37:00.729 --> 00:37:04.239 baseline for methadone for oxycodone,

NOTE Confidence: 0.87763326625

00:37:04.240 --> 00:37:06.384 ateny increase for hydrocodone,

NOTE Confidence: 0.87763326625

00:37:06.384 --> 00:37:09.600 somewhat of an increase for tramadol,

NOTE Confidence: 0.87763326625

00:37:09.600 --> 00:37:12.526 but you can see for most of

NOTE Confidence: 0.87763326625

00:37:12.526 --> 00:37:14.825 the medications there was no

NOTE Confidence: 0.87763326625

00:37:14.825 --> 00:37:16.259 median increase dose.

NOTE Confidence: 0.87763326625

00:37:16.260 --> 00:37:17.588 Let's talk about augmentation,

NOTE Confidence: 0.87763326625

00:37:17.588 --> 00:37:19.580 because this is where the rubber

NOTE Confidence: 0.87763326625

00:37:19.638 --> 00:37:21.378 hits the road with your patients.
NOTE Confidence: 0.87763326625

00:37:21.380 --> 00:37:23.090 Now we've talked about the
NOTE Confidence: 0.87763326625

00:37:23.090 --> 00:37:24.458 four classes of medicines.
NOTE Confidence: 0.87763326625

00:37:24.460 --> 00:37:26.180 Let's talk about what the
NOTE Confidence: 0.87763326625

00:37:26.180 --> 00:37:27.900 mechanism is for using them.
NOTE Confidence: 0.823621534444444

00:37:30.050 --> 00:37:32.102 You see somebody with augmentation on
NOTE Confidence: 0.823621534444444

00:37:32.102 --> 00:37:34.506 a dopamine agonist, most docs just say,
NOTE Confidence: 0.823621534444444

00:37:34.506 --> 00:37:38.854 well, just increase the dose. Bad idea.
NOTE Confidence: 0.823621534444444

00:37:38.854 --> 00:37:42.088 You're putting out the fire with gasoline,
NOTE Confidence: 0.823621534444444

00:37:42.090 --> 00:37:47.347 or as Will Rogers Will Rogers said.
NOTE Confidence: 0.823621534444444

00:37:47.350 --> 00:37:49.758 If you find yourself in a hole.
NOTE Confidence: 0.823621534444444

00:37:49.760 --> 00:37:52.920 The first thing to do is stop digging.
NOTE Confidence: 0.823621534444444

00:37:52.920 --> 00:37:54.834 And I'll see many patients whose
NOTE Confidence: 0.823621534444444

00:37:54.834 --> 00:37:56.914 doctors started on the dopamine agonist
NOTE Confidence: 0.823621534444444

00:37:56.914 --> 00:37:58.873 digging a hole, digging a hole.
NOTE Confidence: 0.823621534444444

00:37:58.873 --> 00:38:00.278 Things are getting worse digging,

NOTE Confidence: 0.823621534444444

00:38:00.280 --> 00:38:02.898 and at a certain point they realize

NOTE Confidence: 0.823621534444444

00:38:02.898 --> 00:38:05.440 that they're in the hall looking up.

NOTE Confidence: 0.823621534444444

00:38:05.440 --> 00:38:09.000 And now the patient is on a high dose.

NOTE Confidence: 0.823621534444444

00:38:09.000 --> 00:38:12.360 Bad. Powerless again. What do I do?

NOTE Confidence: 0.823621534444444

00:38:12.360 --> 00:38:12.928 They say.

NOTE Confidence: 0.823621534444444

00:38:12.928 --> 00:38:15.200 And that's when they say to the patient,

NOTE Confidence: 0.823621534444444

00:38:15.200 --> 00:38:15.954 I'm sorry,

NOTE Confidence: 0.823621534444444

00:38:15.954 --> 00:38:18.593 I'm not going to increase your dose.

NOTE Confidence: 0.823621534444444

00:38:18.600 --> 00:38:21.330 You really should go see somebody else.

NOTE Confidence: 0.798282063125

00:38:23.940 --> 00:38:27.124 The workup for worsening RLS is very similar

NOTE Confidence: 0.798282063125

00:38:27.124 --> 00:38:30.418 to the workup for at your first visit.

NOTE Confidence: 0.798282063125

00:38:30.420 --> 00:38:32.204 Iron medications, sleep disorders.

NOTE Confidence: 0.798282063125

00:38:32.204 --> 00:38:34.880 Make sure that the medications are

NOTE Confidence: 0.798282063125

00:38:34.950 --> 00:38:37.278 being taken at the appropriate time.

NOTE Confidence: 0.798282063125

00:38:37.280 --> 00:38:40.857 Make sure they don't have sleep apnea.

NOTE Confidence: 0.798282063125

00:38:40.860 --> 00:38:43.590 For mild augmentation.
NOTE Confidence: 0.798282063125

00:38:43.590 --> 00:38:46.188 Maybe you can split the dose.
NOTE Confidence: 0.798282063125

00:38:46.190 --> 00:38:49.655 You can take that same dose and move some
NOTE Confidence: 0.798282063125

00:38:49.655 --> 00:38:53.726 of it earlier and keep the rest of it later.
NOTE Confidence: 0.798282063125

00:38:53.730 --> 00:38:57.082 Maybe you can switch to a short to
NOTE Confidence: 0.798282063125

00:38:57.082 --> 00:38:59.520 intermediate acting dopamine agonist to
NOTE Confidence: 0.798282063125

00:38:59.520 --> 00:39:02.550 a longer acting dopamine agonist from
NOTE Confidence: 0.798282063125

00:39:02.550 --> 00:39:05.699 mirapex or requip pramipexole ropinirole.
NOTE Confidence: 0.798282063125

00:39:05.700 --> 00:39:07.842 To an extended release version of one
NOTE Confidence: 0.798282063125

00:39:07.842 --> 00:39:10.230 of those medicines, or to retigabine.
NOTE Confidence: 0.798282063125

00:39:10.230 --> 00:39:13.170 My experience has been you're just
NOTE Confidence: 0.798282063125

00:39:13.170 --> 00:39:15.550 kicking the can down the road.
NOTE Confidence: 0.798282063125

00:39:15.550 --> 00:39:17.615 You're going to treat those earlier symptoms,
NOTE Confidence: 0.798282063125

00:39:17.620 --> 00:39:20.948 yes, because you're giving drug all day long.
NOTE Confidence: 0.798282063125

00:39:20.950 --> 00:39:24.310 But it's only a matter of time before
NOTE Confidence: 0.798282063125

00:39:24.310 --> 00:39:27.888 Rs comes back at various times of day.

NOTE Confidence: 0.798282063125

00:39:27.890 --> 00:39:30.884 I would strongly encourage you to

NOTE Confidence: 0.798282063125

00:39:30.884 --> 00:39:33.491 not increase the dopamine agonist

NOTE Confidence: 0.798282063125

00:39:33.491 --> 00:39:35.587 dose above FDA maximum.

NOTE Confidence: 0.798282063125

00:39:35.590 --> 00:39:38.804 I'll give you pramipexole up to .75,

NOTE Confidence: 0.798282063125

00:39:38.804 --> 00:39:43.448 ropinirole to four, rotigotine to three,

NOTE Confidence: 0.798282063125

00:39:43.450 --> 00:39:47.350 but if you're above those doses.

NOTE Confidence: 0.798282063125

00:39:47.350 --> 00:39:49.294 Patients in trouble?

NOTE Confidence: 0.798282063125

00:39:49.294 --> 00:39:50.590 They're augmented.

NOTE Confidence: 0.798282063125

00:39:50.590 --> 00:39:52.258 And hopefully you've discussed

NOTE Confidence: 0.798282063125

00:39:52.258 --> 00:39:53.509 this with them,

NOTE Confidence: 0.798282063125

00:39:53.510 --> 00:39:56.534 but it's time to do something more dramatic.

NOTE Confidence: 0.771069445

00:39:58.910 --> 00:40:00.908 Think about iron.

NOTE Confidence: 0.771069445

00:40:00.908 --> 00:40:03.711 Think about adding gabapentin,

NOTE Confidence: 0.771069445

00:40:03.711 --> 00:40:07.716 pregabalin, gabapentin in a carbal.

NOTE Confidence: 0.771069445

00:40:07.720 --> 00:40:10.845 If these approaches to mild

NOTE Confidence: 0.771069445

00:40:10.845 --> 00:40:12.720 augmentation aren't effective,
NOTE Confidence: 0.771069445

00:40:12.720 --> 00:40:14.664 this is when you need to
NOTE Confidence: 0.771069445

00:40:14.664 --> 00:40:15.636 do something radical,
NOTE Confidence: 0.771069445

00:40:15.640 --> 00:40:17.530 and this is not easy.
NOTE Confidence: 0.89197428375

00:40:20.990 --> 00:40:23.206 You're not just going to be tinkering here,
NOTE Confidence: 0.89197428375

00:40:23.210 --> 00:40:25.527 you're going to be making major changes.
NOTE Confidence: 0.89197428375

00:40:25.530 --> 00:40:27.864 You're going to eventually to try
NOTE Confidence: 0.89197428375

00:40:27.864 --> 00:40:30.050 to reduce the dopamine agonist.
NOTE Confidence: 0.89197428375

00:40:30.050 --> 00:40:32.850 And that is not easy because each time
NOTE Confidence: 0.89197428375

00:40:32.850 --> 00:40:35.788 you drop down on the dopamine agonist,
NOTE Confidence: 0.89197428375

00:40:35.790 --> 00:40:38.678 people have a withdrawal.
NOTE Confidence: 0.89197428375

00:40:38.680 --> 00:40:42.404 Their Rs comes back with a vengeance.
NOTE Confidence: 0.89197428375

00:40:42.410 --> 00:40:44.909 So you need to provide them something
NOTE Confidence: 0.89197428375

00:40:44.909 --> 00:40:47.149 else to manage that withdrawal.
NOTE Confidence: 0.89197428375

00:40:47.150 --> 00:40:51.518 They are detoxing and I use that word.
NOTE Confidence: 0.89197428375

00:40:51.520 --> 00:40:52.748 With the full understanding

NOTE Confidence: 0.89197428375

00:40:52.748 --> 00:40:53.976 of what it suggests,

NOTE Confidence: 0.89197428375

00:40:53.980 --> 00:40:55.815 they are detoxing from the

NOTE Confidence: 0.89197428375

00:40:55.815 --> 00:40:58.058 dopamine agonist and you need to

NOTE Confidence: 0.89197428375

00:40:58.058 --> 00:41:00.104 give them something to treat the

NOTE Confidence: 0.89197428375

00:41:00.104 --> 00:41:02.110 RLS that worsens as they detox.

NOTE Confidence: 0.877782845

00:41:04.510 --> 00:41:07.286 So how do you switch from the dopamine

NOTE Confidence: 0.877782845

00:41:07.286 --> 00:41:11.318 agonist to either an A2D or an opioid?

NOTE Confidence: 0.877782845

00:41:11.320 --> 00:41:13.456 Don't try taking the dopamine agonist

NOTE Confidence: 0.877782845

00:41:13.456 --> 00:41:15.800 away without giving them something else.

NOTE Confidence: 0.877782845

00:41:15.800 --> 00:41:18.418 All that does is convince the patient.

NOTE Confidence: 0.877782845

00:41:18.420 --> 00:41:19.580 I can't do that, Doc.

NOTE Confidence: 0.877782845

00:41:19.580 --> 00:41:21.224 I tried to reduce the medicine

NOTE Confidence: 0.877782845

00:41:21.224 --> 00:41:22.920 once and it was terrible.

NOTE Confidence: 0.877782845

00:41:22.920 --> 00:41:24.776 I didn't sleep for days and days and

NOTE Confidence: 0.877782845

00:41:24.776 --> 00:41:26.735 days and then I had to go back on it.

NOTE Confidence: 0.877782845

00:41:26.740 --> 00:41:29.330 So first give them something
NOTE Confidence: 0.877782845

00:41:29.330 --> 00:41:31.402 to manage those symptoms.
NOTE Confidence: 0.877782845

00:41:31.410 --> 00:41:34.889 Worsen symptoms that are going to develop.
NOTE Confidence: 0.877782845

00:41:34.890 --> 00:41:37.503 And either that's going to be an A2D.
NOTE Confidence: 0.877782845

00:41:37.503 --> 00:41:41.607 Or it's going to be an opioid after
NOTE Confidence: 0.877782845

00:41:41.607 --> 00:41:45.939 you've added that second medication then?
NOTE Confidence: 0.877782845

00:41:45.940 --> 00:41:48.655 Only then start chipping away
NOTE Confidence: 0.877782845

00:41:48.655 --> 00:41:50.827 at the dopamine agonist.
NOTE Confidence: 0.877782845

00:41:50.830 --> 00:41:52.554 Other people have different
NOTE Confidence: 0.877782845

00:41:52.554 --> 00:41:53.847 approaches to this.
NOTE Confidence: 0.877782845

00:41:53.850 --> 00:41:55.975 Some doctors will stop the
NOTE Confidence: 0.877782845

00:41:55.975 --> 00:41:57.675 dopamine agonist like that.
NOTE Confidence: 0.840625575882353

00:42:00.010 --> 00:42:02.572 Have patients go cold Turkey either
NOTE Confidence: 0.840625575882353

00:42:02.572 --> 00:42:04.857 before adding the other medication
NOTE Confidence: 0.840625575882353

00:42:04.857 --> 00:42:07.839 or after adding the other medication.
NOTE Confidence: 0.840625575882353

00:42:07.840 --> 00:42:11.128 My experience has not been good with that.

NOTE Confidence: 0.840625575882353
00:42:11.130 --> 00:42:14.130 Because the withdrawal is bad
NOTE Confidence: 0.840625575882353
00:42:14.130 --> 00:42:18.080 and people just. Can't achieve.
NOTE Confidence: 0.719944906666667
00:42:21.230 --> 00:42:22.542 Staying off these medications,
NOTE Confidence: 0.719944906666667
00:42:22.542 --> 00:42:24.182 staying off the dopamine agonist.
NOTE Confidence: 0.8317131686875
00:42:28.350 --> 00:42:31.150 So the order and the the approach
NOTE Confidence: 0.8317131686875
00:42:31.150 --> 00:42:34.244 to this considerate can correct any
NOTE Confidence: 0.8317131686875
00:42:34.244 --> 00:42:36.056 underlying exacerbating factors,
NOTE Confidence: 0.8317131686875
00:42:36.060 --> 00:42:40.232 ones we've talked about. Add and maximum,
NOTE Confidence: 0.8317131686875
00:42:40.232 --> 00:42:43.085 maximize the A2D to a tolerable dose
NOTE Confidence: 0.8317131686875
00:42:43.085 --> 00:42:45.478 that may take a little bit of time.
NOTE Confidence: 0.8317131686875
00:42:45.480 --> 00:42:48.318 Then taper the dopamine agonist slowly.
NOTE Confidence: 0.8317131686875
00:42:48.320 --> 00:42:50.096 If that doesn't work,
NOTE Confidence: 0.8317131686875
00:42:50.096 --> 00:42:52.316 then I add the opioid.
NOTE Confidence: 0.8317131686875
00:42:52.320 --> 00:42:53.232 So at this point,
NOTE Confidence: 0.8317131686875
00:42:53.232 --> 00:42:54.890 they're on 3 medicines for our list.
NOTE Confidence: 0.8317131686875

00:42:54.890 --> 00:42:57.473 They say Doc, I'm on 3 medicines for RLS.

NOTE Confidence: 0.8317131686875

00:42:57.480 --> 00:42:59.487 I say, yeah, we got to get all of

NOTE Confidence: 0.8317131686875

00:42:59.487 --> 00:43:01.246 our reinforcements here if we want

NOTE Confidence: 0.8317131686875

00:43:01.246 --> 00:43:03.809 to get you off the dopamine agonist.

NOTE Confidence: 0.8317131686875

00:43:03.810 --> 00:43:05.406 They say OK.

NOTE Confidence: 0.8317131686875

00:43:05.406 --> 00:43:08.066 And keep tapering the dopamine

NOTE Confidence: 0.8317131686875

00:43:08.066 --> 00:43:10.810 agonist to discontinuation.

NOTE Confidence: 0.8317131686875

00:43:10.810 --> 00:43:12.736 And in many people you're going

NOTE Confidence: 0.8317131686875

00:43:12.736 --> 00:43:15.180 to be able to discontinue the

NOTE Confidence: 0.8317131686875

00:43:15.180 --> 00:43:16.806 dopamine agonist then.

NOTE Confidence: 0.8317131686875

00:43:16.810 --> 00:43:18.980 They're on the A2D and the opioid

NOTE Confidence: 0.8317131686875

00:43:18.980 --> 00:43:21.080 and maybe then you can taper the

NOTE Confidence: 0.8317131686875

00:43:21.080 --> 00:43:24.458 A2D now that the dopamine agonist

NOTE Confidence: 0.8317131686875

00:43:24.458 --> 00:43:27.719 is no longer worsening their Rs,

NOTE Confidence: 0.8317131686875

00:43:27.720 --> 00:43:28.989 it's worsening it.

NOTE Confidence: 0.8317131686875

00:43:28.989 --> 00:43:31.527 The Agonist is always helping and

NOTE Confidence: 0.8317131686875

00:43:31.527 --> 00:43:34.090 worsening helping and worsening always.

NOTE Confidence: 0.8431568

00:43:37.380 --> 00:43:43.310 We so I wondered whether this approach

NOTE Confidence: 0.8431568

00:43:43.310 --> 00:43:48.689 which is basically guideline approach.

NOTE Confidence: 0.8431568

00:43:48.690 --> 00:43:51.126 I wondered whether this approach worked,

NOTE Confidence: 0.8431568

00:43:51.130 --> 00:43:52.985 and so I did something that's stupid,

NOTE Confidence: 0.8431568

00:43:52.990 --> 00:43:56.520 which was to assess its

NOTE Confidence: 0.8431568

00:43:56.520 --> 00:44:00.670 efficacy in retrospectively.

NOTE Confidence: 0.8431568

00:44:00.670 --> 00:44:03.990 So I looked at roughly 60 or 70

NOTE Confidence: 0.8431568

00:44:03.990 --> 00:44:06.802 patients who I saw over a few

NOTE Confidence: 0.8431568

00:44:06.802 --> 00:44:09.588 year period who came in with

NOTE Confidence: 0.8431568

00:44:09.588 --> 00:44:12.878 augmentation on the dopamine agonist.

NOTE Confidence: 0.8431568

00:44:12.880 --> 00:44:16.184 And I looked at how this approach worked.

NOTE Confidence: 0.8431568

00:44:16.190 --> 00:44:19.137 And here you see severity at baseline

NOTE Confidence: 0.8431568

00:44:19.137 --> 00:44:21.748 and severity at the final visit,

NOTE Confidence: 0.8431568

00:44:21.750 --> 00:44:25.683 which was you can see about 2 1/2 years

NOTE Confidence: 0.8431568

00:44:25.683 --> 00:44:30.227 later and 80% were very much or much better.

NOTE Confidence: 0.8431568

00:44:30.230 --> 00:44:33.366 You can see the dark colors here,

NOTE Confidence: 0.8431568

00:44:33.370 --> 00:44:36.765 more severe changed into the lighter colors,

NOTE Confidence: 0.8431568

00:44:36.770 --> 00:44:40.946 less severe at the final visit.

NOTE Confidence: 0.8431568

00:44:40.950 --> 00:44:41.834 Lot of data here.

NOTE Confidence: 0.8431568

00:44:41.834 --> 00:44:43.483 You can look up this paper that

NOTE Confidence: 0.8431568

00:44:43.483 --> 00:44:45.115 was published last year in sleep.

NOTE Confidence: 0.850766829

00:44:47.520 --> 00:44:49.510 78% were responders at the

NOTE Confidence: 0.850766829

00:44:49.510 --> 00:44:51.500 final visit and the responders.

NOTE Confidence: 0.850766829

00:44:51.500 --> 00:44:55.340 They were borderline to mildly ill.

NOTE Confidence: 0.850766829

00:44:55.340 --> 00:45:00.275 Only 60% of the patients that I.

NOTE Confidence: 0.850766829

00:45:00.280 --> 00:45:01.805 Who started on dopamine agonists

NOTE Confidence: 0.850766829

00:45:01.805 --> 00:45:03.768 and everybody was on a dopamine

NOTE Confidence: 0.850766829

00:45:03.768 --> 00:45:05.276 agonist at the beginning,

NOTE Confidence: 0.850766829

00:45:05.280 --> 00:45:06.708 were able to discontinue

NOTE Confidence: 0.850766829

00:45:06.708 --> 00:45:08.493 those by the final visit.

NOTE Confidence: 0.850766829

00:45:08.500 --> 00:45:12.235 Some of them have now after we did this,

NOTE Confidence: 0.850766829

00:45:12.240 --> 00:45:14.796 data analysis continued to chip away,

NOTE Confidence: 0.850766829

00:45:14.800 --> 00:45:15.564 chip away,

NOTE Confidence: 0.850766829

00:45:15.564 --> 00:45:18.238 chip away and so more are discontinued,

NOTE Confidence: 0.850766829

00:45:18.240 --> 00:45:20.022 but there are still going to

NOTE Confidence: 0.850766829

00:45:20.022 --> 00:45:22.210 be 25% of patients who I just

NOTE Confidence: 0.850766829

00:45:22.210 --> 00:45:24.090 can't get off their agonist.

NOTE Confidence: 0.850766829

00:45:24.090 --> 00:45:28.395 The median the mean time to dopamine

NOTE Confidence: 0.850766829

00:45:28.395 --> 00:45:31.499 agonist discontinuation was nine months.

NOTE Confidence: 0.850766829

00:45:31.500 --> 00:45:37.676 This is going bad .3 milligrams per month.

NOTE Confidence: 0.850766829

00:45:37.680 --> 00:45:42.650 OK. It's ripping oral equivalence.

NOTE Confidence: 0.850766829

00:45:42.650 --> 00:45:44.150 So it takes a long time.

NOTE Confidence: 0.850766829

00:45:44.150 --> 00:45:45.446 Don't rush it.

NOTE Confidence: 0.850766829

00:45:45.446 --> 00:45:46.736 You'll fail, I think,

NOTE Confidence: 0.850766829

00:45:46.736 --> 00:45:47.588 if you rush it.

NOTE Confidence: 0.858957166923077

00:45:49.860 --> 00:45:50.766 Here's the question.
NOTE Confidence: 0.858957166923077

00:45:50.766 --> 00:45:52.276 Can addition of the this
NOTE Confidence: 0.858957166923077

00:45:52.276 --> 00:45:53.739 is from this data set?
NOTE Confidence: 0.858957166923077

00:45:53.740 --> 00:45:57.620 Can addition of just an A2D allow
NOTE Confidence: 0.858957166923077

00:45:57.620 --> 00:46:00.200 you to stop the dopamine agonist?
NOTE Confidence: 0.858957166923077

00:46:00.200 --> 00:46:01.448 You can see that.
NOTE Confidence: 0.932181168

00:46:04.520 --> 00:46:08.202 23 out of 60 ish people were
NOTE Confidence: 0.932181168

00:46:08.202 --> 00:46:11.990 able to discontinue. Umm.
NOTE Confidence: 0.932181168

00:46:11.990 --> 00:46:14.286 There's something weird about
NOTE Confidence: 0.932181168

00:46:14.286 --> 00:46:16.461 this picture here. But.
NOTE Confidence: 0.932181168

00:46:16.461 --> 00:46:19.167 A number of them could not.
NOTE Confidence: 0.932181168

00:46:19.170 --> 00:46:21.234 Ohh yeah 7 here was these were able
NOTE Confidence: 0.932181168

00:46:21.234 --> 00:46:23.656 to cut the blue was able to come off.
NOTE Confidence: 0.932181168

00:46:23.660 --> 00:46:25.916 The people that weren't able to
NOTE Confidence: 0.932181168

00:46:25.916 --> 00:46:27.872 come off the dopamine agonist
NOTE Confidence: 0.932181168

00:46:27.872 --> 00:46:31.042 with the A2D was either because

NOTE Confidence: 0.932181168

00:46:31.042 --> 00:46:33.284 it didn't have efficacy,

NOTE Confidence: 0.932181168

00:46:33.284 --> 00:46:36.386 it was not tolerable or both.

NOTE Confidence: 0.932181168

00:46:36.390 --> 00:46:39.204 Here's the same data for an opioid.

NOTE Confidence: 0.932181168

00:46:39.210 --> 00:46:41.646 About 1313 out of 31 were able

NOTE Confidence: 0.932181168

00:46:41.646 --> 00:46:44.236 to come off the dopamine agonist

NOTE Confidence: 0.932181168

00:46:44.236 --> 00:46:46.180 with just an opioid.

NOTE Confidence: 0.9318955725

00:46:48.380 --> 00:46:51.316 But you can see that more than 50%

NOTE Confidence: 0.9318955725

00:46:51.320 --> 00:46:53.020 needed something else or weren't

NOTE Confidence: 0.9318955725

00:46:53.020 --> 00:46:55.300 able to come off The Agonist,

NOTE Confidence: 0.9318955725

00:46:55.300 --> 00:46:57.856 either due to lack of efficacy,

NOTE Confidence: 0.9318955725

00:46:57.860 --> 00:47:01.710 lack of tolerability, or both.

NOTE Confidence: 0.9318955725

00:47:01.710 --> 00:47:04.248 And I'm not going to show this as a

NOTE Confidence: 0.9318955725

00:47:04.248 --> 00:47:06.784 pie chart of what people ended up on

NOTE Confidence: 0.9318955725

00:47:06.784 --> 00:47:09.876 at the end of this 2 1/2 year period.

NOTE Confidence: 0.9318955725

00:47:09.876 --> 00:47:13.118 And you can see about 1/4 of patients

NOTE Confidence: 0.9318955725

00:47:13.118 --> 00:47:16.376 were on an A2D with or without an agonist.

NOTE Confidence: 0.9318955725

00:47:16.380 --> 00:47:19.508 About a sixth were on opioids and an

NOTE Confidence: 0.9318955725

00:47:19.508 --> 00:47:23.668 eighth were on an A2D and an opioid.

NOTE Confidence: 0.9318955725

00:47:23.670 --> 00:47:25.350 That it was common to have people

NOTE Confidence: 0.9318955725

00:47:25.350 --> 00:47:27.166 at the end to be on all three.

NOTE Confidence: 0.85049591375

00:47:29.380 --> 00:47:32.340 Think this is my next to last slide.

NOTE Confidence: 0.85049591375

00:47:32.340 --> 00:47:35.450 This is kind of my.

NOTE Confidence: 0.85049591375

00:47:35.450 --> 00:47:37.154 What do you call it when

NOTE Confidence: 0.85049591375

00:47:37.154 --> 00:47:41.080 you're making a recipe?

NOTE Confidence: 0.85049591375

00:47:41.080 --> 00:47:44.952 From. God blinking underwear.

NOTE Confidence: 0.85049591375

00:47:44.952 --> 00:47:47.822 Anyway, you want to make

NOTE Confidence: 0.85049591375

00:47:47.822 --> 00:47:50.094 whatever you're making food

NOTE Confidence: 0.85049591375

00:47:50.094 --> 00:47:52.659 wise and you're following a.

NOTE Confidence: 0.8329472675

00:47:54.670 --> 00:47:56.646 I'll just call it a road map now,

NOTE Confidence: 0.8329472675

00:47:56.650 --> 00:47:58.235 but that's not what you

NOTE Confidence: 0.8329472675

00:47:58.235 --> 00:47:59.503 use when you're cooking.

NOTE Confidence: 0.8329472675

00:47:59.510 --> 00:48:03.118 This is my recommendations

NOTE Confidence: 0.8329472675

00:48:03.118 --> 00:48:07.212 for how to treat severe,

NOTE Confidence: 0.8329472675

00:48:07.212 --> 00:48:09.140 refractory, and augmented RLS.

NOTE Confidence: 0.904246047

00:48:11.680 --> 00:48:13.948 And is kind of an expanded

NOTE Confidence: 0.904246047

00:48:13.948 --> 00:48:15.460 version of this talk.

NOTE Confidence: 0.904246047

00:48:15.460 --> 00:48:16.795 It was published just this

NOTE Confidence: 0.904246047

00:48:16.795 --> 00:48:18.500 last year in the journal Chest.

NOTE Confidence: 0.904246047

00:48:18.500 --> 00:48:20.705 They have a section called how I

NOTE Confidence: 0.904246047

00:48:20.705 --> 00:48:24.525 do it and this is how I do it.

NOTE Confidence: 0.904246047

00:48:24.530 --> 00:48:27.274 For those of you who are interested.

NOTE Confidence: 0.904246047

00:48:27.280 --> 00:48:30.520 So in conclusion.

NOTE Confidence: 0.904246047

00:48:30.520 --> 00:48:33.065 Always assess your patients for

NOTE Confidence: 0.904246047

00:48:33.065 --> 00:48:35.101 underlying contributors because RSI

NOTE Confidence: 0.904246047

00:48:35.101 --> 00:48:37.508 is reversible and some people you

NOTE Confidence: 0.904246047

00:48:37.508 --> 00:48:41.473 can make it go away by giving iron by

NOTE Confidence: 0.904246047

00:48:41.473 --> 00:48:43.545 stopping a serotonergic antidepressant.
NOTE Confidence: 0.904246047

00:48:43.550 --> 00:48:45.612 Um, etcetera.
NOTE Confidence: 0.904246047

00:48:45.612 --> 00:48:49.736 Initial treatment is not.
NOTE Confidence: 0.904246047

00:48:49.740 --> 00:48:50.775 A dopamine agonist.
NOTE Confidence: 0.904246047

00:48:50.775 --> 00:48:52.500 Hope I made that clear.
NOTE Confidence: 0.904246047

00:48:52.500 --> 00:48:57.644 Generally you should start with a A2D ligand,
NOTE Confidence: 0.904246047

00:48:57.644 --> 00:48:58.968 pregabalin, gabapentin,
NOTE Confidence: 0.904246047

00:48:58.968 --> 00:49:01.616 gabapentin and a carpool.
NOTE Confidence: 0.904246047

00:49:01.620 --> 00:49:04.616 If you do use a dopamine agonist,
NOTE Confidence: 0.904246047

00:49:04.620 --> 00:49:07.300 keep dosages within the approved
NOTE Confidence: 0.904246047

00:49:07.300 --> 00:49:09.980 range and ask those questions.
NOTE Confidence: 0.904246047

00:49:09.980 --> 00:49:11.436 How many days a week do you have
NOTE Confidence: 0.904246047

00:49:11.436 --> 00:49:12.330 it at this time?
NOTE Confidence: 0.904246047

00:49:12.330 --> 00:49:13.940 How bad is it at that time?
NOTE Confidence: 0.904246047

00:49:13.940 --> 00:49:14.318 OK.
NOTE Confidence: 0.904246047

00:49:14.318 --> 00:49:17.342 Next period of time between noon and five,

NOTE Confidence: 0.904246047
00:49:17.350 --> 00:49:18.946 how many days a week and mild,
NOTE Confidence: 0.904246047
00:49:18.950 --> 00:49:20.710 moderate, severe or very severe?
NOTE Confidence: 0.904246047
00:49:20.710 --> 00:49:23.645 This will allow you to
NOTE Confidence: 0.904246047
00:49:23.645 --> 00:49:26.580 have a moving chart of.
NOTE Confidence: 0.904246047
00:49:26.580 --> 00:49:30.185 Daily severity and timing of
NOTE Confidence: 0.904246047
00:49:30.185 --> 00:49:32.284 symptoms in augmented patients.
NOTE Confidence: 0.904246047
00:49:32.284 --> 00:49:36.250 The goal is to stop the dopamine agonist.
NOTE Confidence: 0.894261342857143
00:49:38.570 --> 00:49:40.358 Just making things worse.
NOTE Confidence: 0.894261342857143
00:49:40.358 --> 00:49:44.140 And you do that by adding a new
NOTE Confidence: 0.894261342857143
00:49:44.140 --> 00:49:47.181 medication first, maximizing its dose,
NOTE Confidence: 0.894261342857143
00:49:47.181 --> 00:49:51.243 and then slowly withdrawing The Agonist.
NOTE Confidence: 0.894261342857143
00:49:51.250 --> 00:49:55.723 On that note, I'm going to stop
NOTE Confidence: 0.894261342857143
00:49:55.723 --> 00:50:00.278 and answer any and all questions.
NOTE Confidence: 0.8990243533333333
00:50:03.040 --> 00:50:05.650 And I think I had some in the chat,
NOTE Confidence: 0.8990243533333333
00:50:05.650 --> 00:50:07.426 so I'll just start with those.
NOTE Confidence: 0.8990243533333333

00:50:07.430 --> 00:50:09.908 But mayor, because he is mayor,
NOTE Confidence: 0.8990243533333333

00:50:09.910 --> 00:50:12.688 gets first shot.
NOTE Confidence: 0.8990243533333333

00:50:12.690 --> 00:50:16.165 So before some of these drugs were
NOTE Confidence: 0.8990243533333333

00:50:16.165 --> 00:50:18.558 introduced and I can I can mention
NOTE Confidence: 0.8990243533333333

00:50:18.560 --> 00:50:22.230 this because of my advanced age.
NOTE Confidence: 0.8990243533333333

00:50:22.230 --> 00:50:24.030 Anyways, we used to use
NOTE Confidence: 0.8990243533333333

00:50:24.030 --> 00:50:25.675 clonazepam at very low doses.
NOTE Confidence: 0.8990243533333333

00:50:25.675 --> 00:50:28.160 And it was actually in a lot
NOTE Confidence: 0.8990243533333333

00:50:28.242 --> 00:50:30.890 of patients very effective,
NOTE Confidence: 0.8990243533333333

00:50:30.890 --> 00:50:32.360 especially in patients
NOTE Confidence: 0.8990243533333333

00:50:32.360 --> 00:50:34.560 that used to get restless
NOTE Confidence: 0.914554975

00:50:34.570 --> 00:50:36.868 legs, for example, on an airplane.
NOTE Confidence: 0.914554975

00:50:36.870 --> 00:50:38.355 And the rest of the time it was
NOTE Confidence: 0.914554975

00:50:38.360 --> 00:50:40.516 kind of controlled. Is there a role
NOTE Confidence: 0.848116494545455

00:50:40.530 --> 00:50:42.466 for clonazepam? At all.
NOTE Confidence: 0.848116494545455

00:50:42.466 --> 00:50:46.684 So I think for a PRN use, it's OK.

NOTE Confidence: 0.848116494545455
00:50:46.684 --> 00:50:48.594 I mean, for PRN use,
NOTE Confidence: 0.848116494545455
00:50:48.600 --> 00:50:49.785 I'd rather use a dopamine
NOTE Confidence: 0.848116494545455
00:50:49.785 --> 00:50:50.970 agonist if you're going to
NOTE Confidence: 0.848116494545455
00:50:51.025 --> 00:50:52.255 use it just on an airplane,
NOTE Confidence: 0.848116494545455
00:50:52.260 --> 00:50:54.900 or when they're getting acupuncture,
NOTE Confidence: 0.848116494545455
00:50:54.900 --> 00:50:57.084 or getting your, you know, Mayor,
NOTE Confidence: 0.848116494545455
00:50:57.084 --> 00:50:58.604 mayor, when you're getting your
NOTE Confidence: 0.848116494545455
00:50:58.604 --> 00:51:00.540 hair done at the hairdresser,
NOTE Confidence: 0.848116494545455
00:51:00.540 --> 00:51:02.276 I think it's reasonable to use a
NOTE Confidence: 0.848116494545455
00:51:02.276 --> 00:51:03.789 dopamine agonist in those contexts.
NOTE Confidence: 0.8839115
00:51:06.120 --> 00:51:08.760 I don't use clonazepam #1,
NOTE Confidence: 0.8839115
00:51:08.760 --> 00:51:11.766 it's got a 40 hour half-life.
NOTE Confidence: 0.8839115
00:51:11.770 --> 00:51:13.962 I don't use clonazepam
NOTE Confidence: 0.8839115
00:51:13.962 --> 00:51:15.606 within sleep disorders.
NOTE Confidence: 0.8839115
00:51:15.610 --> 00:51:18.284 Just doesn't make any sense for insomnia.
NOTE Confidence: 0.8839115

00:51:18.290 --> 00:51:21.170 40 hour, half life at the end of a week,
NOTE Confidence: 0.8839115

00:51:21.170 --> 00:51:22.378 you're at steady state.
NOTE Confidence: 0.8839115

00:51:22.378 --> 00:51:24.750 What kind of a sleep drug is that?
NOTE Confidence: 0.8839115

00:51:24.750 --> 00:51:26.854 So I don't use clonazepam if I'm going
NOTE Confidence: 0.8839115

00:51:26.854 --> 00:51:29.293 to use a benzo just to help people
NOTE Confidence: 0.8839115

00:51:29.293 --> 00:51:31.224 fall asleep because lying there for
NOTE Confidence: 0.8839115

00:51:31.224 --> 00:51:33.108 an hour we'll provoke our lesson.
NOTE Confidence: 0.8839115

00:51:33.110 --> 00:51:34.362 Some people for sure.
NOTE Confidence: 0.8839115

00:51:34.362 --> 00:51:36.670 So I'm going to treat their insomnia
NOTE Confidence: 0.8839115

00:51:36.670 --> 00:51:39.176 so they're not just lying there waiting
NOTE Confidence: 0.8839115

00:51:39.176 --> 00:51:41.818 for RLS to come get them in the dark.
NOTE Confidence: 0.8839115

00:51:41.820 --> 00:51:44.220 There's no evidence that clonazepam works.
NOTE Confidence: 0.8839115

00:51:44.220 --> 00:51:46.160 The clinical trials were
NOTE Confidence: 0.8839115

00:51:46.160 --> 00:51:47.615 negative for clonazepam.
NOTE Confidence: 0.8839115

00:51:47.620 --> 00:51:49.972 Sure if you put people to sleep they're
NOTE Confidence: 0.8839115

00:51:49.972 --> 00:51:51.940 not going to complain about RLS.

NOTE Confidence: 0.8839115

00:51:51.940 --> 00:51:52.840 But you know,

NOTE Confidence: 0.8839115

00:51:52.840 --> 00:51:55.360 we could use propofol if while we're at it.

NOTE Confidence: 0.8839115

00:51:55.360 --> 00:51:58.468 So I would encourage you to avoid

NOTE Confidence: 0.8839115

00:51:58.468 --> 00:52:00.353 benzodiazepines in these people

NOTE Confidence: 0.8839115

00:52:00.353 --> 00:52:02.688 unless you think anxiety is

NOTE Confidence: 0.8839115

00:52:02.688 --> 00:52:05.391 playing a substantial part in the

NOTE Confidence: 0.8839115

00:52:05.391 --> 00:52:07.641 emergence of their symptoms or they

NOTE Confidence: 0.8839115

00:52:07.641 --> 00:52:09.291 have a daytime anxiety disorder.

NOTE Confidence: 0.8839115

00:52:09.291 --> 00:52:11.899 And if you do want to use a benzo.

NOTE Confidence: 0.8839115

00:52:11.900 --> 00:52:13.310 There's a short acting one.

NOTE Confidence: 0.896647463

00:52:15.840 --> 00:52:17.992 We have a few questions here in the

NOTE Confidence: 0.896647463

00:52:17.992 --> 00:52:19.766 chat room if you want to read those.

NOTE Confidence: 0.896647463

00:52:19.770 --> 00:52:20.898 Sure. Yeah, yeah.

NOTE Confidence: 0.896647463

00:52:20.898 --> 00:52:23.530 First one is from Doctor Karen Johnson.

NOTE Confidence: 0.896647463

00:52:23.530 --> 00:52:24.994 For the people who you can't

NOTE Confidence: 0.896647463

00:52:24.994 --> 00:52:26.470 get off the dopamine agonists,
NOTE Confidence: 0.896647463

00:52:26.470 --> 00:52:28.360 do you try to convert using long
NOTE Confidence: 0.896647463

00:52:28.360 --> 00:52:29.776 acting formulation or will you
NOTE Confidence: 0.896647463

00:52:29.776 --> 00:52:31.166 continue them on short acting?
NOTE Confidence: 0.916317814285714

00:52:34.160 --> 00:52:36.800 I don't believe that the long
NOTE Confidence: 0.916317814285714

00:52:36.800 --> 00:52:38.647 acting provides any advantage.
NOTE Confidence: 0.916317814285714

00:52:38.647 --> 00:52:40.992 It does treat their symptoms
NOTE Confidence: 0.916317814285714

00:52:40.992 --> 00:52:43.239 in terms of augmentation.
NOTE Confidence: 0.916317814285714

00:52:43.240 --> 00:52:46.375 I don't think it produces
NOTE Confidence: 0.916317814285714

00:52:46.375 --> 00:52:48.256 a tremendous advantage.
NOTE Confidence: 0.916317814285714

00:52:48.260 --> 00:52:50.156 So if I can't get them off it,
NOTE Confidence: 0.916317814285714

00:52:50.160 --> 00:52:51.472 they still have symptoms,
NOTE Confidence: 0.916317814285714

00:52:51.472 --> 00:52:53.440 quite a bit of the day,
NOTE Confidence: 0.916317814285714

00:52:53.440 --> 00:52:56.478 and that context I will switch them
NOTE Confidence: 0.916317814285714

00:52:56.478 --> 00:53:00.574 to from a IR to an ER or to the patch.
NOTE Confidence: 0.916317814285714

00:53:00.580 --> 00:53:03.800 But I don't fool myself into thinking

NOTE Confidence: 0.916317814285714
00:53:03.800 --> 00:53:07.719 and I don't I make very clear to them.
NOTE Confidence: 0.916317814285714
00:53:07.720 --> 00:53:09.495 These dopamine agonists are still
NOTE Confidence: 0.916317814285714
00:53:09.495 --> 00:53:11.999 doing their bad things to your brain,
NOTE Confidence: 0.916317814285714
00:53:12.000 --> 00:53:15.500 and so we need to be really
NOTE Confidence: 0.916317814285714
00:53:15.500 --> 00:53:17.620 aware of that and.
NOTE Confidence: 0.916317814285714
00:53:17.620 --> 00:53:20.490 And they're scared because I've
NOTE Confidence: 0.916317814285714
00:53:20.490 --> 00:53:22.429 made them scared of this and so
NOTE Confidence: 0.916317814285714
00:53:22.429 --> 00:53:23.910 they're vigilant for it as well.
NOTE Confidence: 0.916317814285714
00:53:23.910 --> 00:53:24.454 But yes,
NOTE Confidence: 0.916317814285714
00:53:24.454 --> 00:53:27.828 I will move from a an IR to an ER only
NOTE Confidence: 0.916317814285714
00:53:27.828 --> 00:53:30.425 if they have symptoms that weren't it.
NOTE Confidence: 0.916317814285714
00:53:30.430 --> 00:53:33.130 They just have symptoms at night.
NOTE Confidence: 0.916317814285714
00:53:33.130 --> 00:53:33.490 There,
NOTE Confidence: 0.916317814285714
00:53:33.490 --> 00:53:35.650 I really don't think there's an
NOTE Confidence: 0.916317814285714
00:53:35.650 --> 00:53:37.729 advantage of the extended release
NOTE Confidence: 0.916317814285714

00:53:37.729 --> 00:53:40.525 medicines in terms of less augmentation.
NOTE Confidence: 0.916317814285714

00:53:40.530 --> 00:53:43.506 I just think they mask augmentation,
NOTE Confidence: 0.916317814285714

00:53:43.510 --> 00:53:44.780 at least at the beginning.
NOTE Confidence: 0.647516232

00:53:46.940 --> 00:53:49.240 Second question from T Kumar,
NOTE Confidence: 0.647516232

00:53:49.240 --> 00:53:51.744 people who may have mild OSA and are
NOTE Confidence: 0.647516232

00:53:51.744 --> 00:53:54.077 not willing to treat it and with RLS,
NOTE Confidence: 0.647516232

00:53:54.080 --> 00:53:56.405 will it get better with
NOTE Confidence: 0.647516232

00:53:56.405 --> 00:53:58.136 dopamine agonists or A2D?
NOTE Confidence: 0.647516232

00:53:58.136 --> 00:53:59.816 What's the maximum dose of
NOTE Confidence: 0.647516232

00:53:59.816 --> 00:54:01.160 methadone you would use?
NOTE Confidence: 0.647516232

00:54:01.160 --> 00:54:02.510 And she says I may have
NOTE Confidence: 0.767015462

00:54:02.520 --> 00:54:04.120 missed a variety of questions.
NOTE Confidence: 0.767015462

00:54:04.120 --> 00:54:08.916 Thank you. Yes, as far as I know,
NOTE Confidence: 0.767015462

00:54:08.920 --> 00:54:12.126 every kind of RLS responds to dopamine,
NOTE Confidence: 0.767015462

00:54:12.130 --> 00:54:14.056 I guess. I mean, they're remarkable.
NOTE Confidence: 0.767015462

00:54:14.060 --> 00:54:16.100 They're remarkable medicines for our lives,

NOTE Confidence: 0.767015462

00:54:16.100 --> 00:54:18.986 for the short term. So OSA,

NOTE Confidence: 0.767015462

00:54:18.986 --> 00:54:22.523 if you think OSA is causing their RLS or

NOTE Confidence: 0.767015462

00:54:22.523 --> 00:54:25.278 causing sleep disturbance causing RLS,

NOTE Confidence: 0.767015462

00:54:25.280 --> 00:54:26.448 dopamine agonists will work,

NOTE Confidence: 0.767015462

00:54:26.448 --> 00:54:27.908 that still doesn't mean I'm

NOTE Confidence: 0.767015462

00:54:27.908 --> 00:54:29.188 going to want to use them.

NOTE Confidence: 0.767015462

00:54:29.190 --> 00:54:30.838 As first line treatments.

NOTE Confidence: 0.8666533625

00:54:33.830 --> 00:54:35.882 The maximum dose of methadone that

NOTE Confidence: 0.8666533625

00:54:35.882 --> 00:54:39.040 I prescribe. I rarely go above 20

NOTE Confidence: 0.8666533625

00:54:39.040 --> 00:54:43.530 milligrams I maybe twice in the last.

NOTE Confidence: 0.8666533625

00:54:43.530 --> 00:54:47.636 15 years have I gone above 20 milligrams and

NOTE Confidence: 0.8666533625

00:54:47.636 --> 00:54:50.570 one of them was a patient with severe RLS,

NOTE Confidence: 0.8666533625

00:54:50.570 --> 00:54:55.480 end stage renal disease and.

NOTE Confidence: 0.8666533625

00:54:55.480 --> 00:54:57.380 From basement, memory and disease

NOTE Confidence: 0.8666533625

00:54:57.380 --> 00:55:00.098 actually lost most of her heart muscle

NOTE Confidence: 0.8666533625

00:55:00.098 --> 00:55:03.719 and both kidneys in at the age of 40 and
NOTE Confidence: 0.8666533625

00:55:03.719 --> 00:55:06.179 she got transplanted a few years ago.
NOTE Confidence: 0.8666533625

00:55:06.180 --> 00:55:10.620 RLS and she was on 25 maybe of
NOTE Confidence: 0.8666533625

00:55:10.620 --> 00:55:13.832 methadone and transplanted. Now,
NOTE Confidence: 0.8666533625

00:55:13.832 --> 00:55:16.820 on no opioid and a little bit of gabapentin,
NOTE Confidence: 0.8666533625

00:55:16.820 --> 00:55:17.880 I mean, our great story.
NOTE Confidence: 0.8666533625

00:55:17.880 --> 00:55:19.860 So I rarely go above 20.
NOTE Confidence: 0.8666533625

00:55:19.860 --> 00:55:21.358 I say to people at the beginning,
NOTE Confidence: 0.8666533625

00:55:21.360 --> 00:55:24.700 most people are going to be between 5 and 15.
NOTE Confidence: 0.8666533625

00:55:24.700 --> 00:55:25.615 It's my experience.
NOTE Confidence: 0.8666533625

00:55:25.615 --> 00:55:28.250 And I go up by 2 1/2 milligrams
NOTE Confidence: 0.8666533625

00:55:28.250 --> 00:55:30.794 at a time because I'm cheap.
NOTE Confidence: 0.8666533625

00:55:30.800 --> 00:55:32.670 I'm really cheap with these
NOTE Confidence: 0.8666533625

00:55:32.670 --> 00:55:34.166 medicines because small dose
NOTE Confidence: 0.8666533625

00:55:34.166 --> 00:55:36.067 increases can make a big difference.
NOTE Confidence: 0.826427299

00:55:38.380 --> 00:55:39.880 So the next question we

NOTE Confidence: 0.826427299

00:55:39.880 --> 00:55:41.380 have is from Daniel Ellie.

NOTE Confidence: 0.826427299

00:55:41.380 --> 00:55:42.436 There's two question.

NOTE Confidence: 0.826427299

00:55:42.436 --> 00:55:44.840 Number one, what do you think is

NOTE Confidence: 0.826427299

00:55:44.840 --> 00:55:46.564 the mechanism for augmentation #2

NOTE Confidence: 0.826427299

00:55:46.564 --> 00:55:48.384 for patient with evening bedtime

NOTE Confidence: 0.826427299

00:55:48.384 --> 00:55:50.629 early sleep time symptoms in light

NOTE Confidence: 0.826427299

00:55:50.629 --> 00:55:52.085 of the nonlinear pharmacology

NOTE Confidence: 0.826427299

00:55:52.085 --> 00:55:54.080 of gabapentin thing at the end?

NOTE Confidence: 0.826427299

00:55:54.080 --> 00:55:55.904 How do you handle dosing for

NOTE Confidence: 0.826427299

00:55:55.904 --> 00:55:57.916 patients who need more than 600

NOTE Confidence: 0.826427299

00:55:57.916 --> 00:55:59.746 of gabapentin to control symptoms?

NOTE Confidence: 0.642053045714286

00:56:00.080 --> 00:56:05.498 OK, what's the? Brain mechanisms of RLS.

NOTE Confidence: 0.642053045714286

00:56:05.500 --> 00:56:07.215 I don't know. I stopped thinking about

NOTE Confidence: 0.642053045714286

00:56:07.215 --> 00:56:08.879 those kinds of questions long ago.

NOTE Confidence: 0.642053045714286

00:56:08.880 --> 00:56:12.486 I'm just mostly a. Practical person.

NOTE Confidence: 0.642053045714286

00:56:12.490 --> 00:56:15.814 I leave the higher level analysis
NOTE Confidence: 0.642053045714286

00:56:15.814 --> 00:56:18.744 of causes and mechanisms to others
NOTE Confidence: 0.642053045714286

00:56:18.744 --> 00:56:20.886 who are much smarter than me.
NOTE Confidence: 0.642053045714286

00:56:20.890 --> 00:56:22.699 What do I do with people who have an
NOTE Confidence: 0.642053045714286

00:56:22.699 --> 00:56:26.010 early bedtime? They go to bed at 8:30.
NOTE Confidence: 0.642053045714286

00:56:26.010 --> 00:56:30.328 And they get home from work at 5:30, so.
NOTE Confidence: 0.642053045714286

00:56:30.328 --> 00:56:32.452 So I'll give them some at
NOTE Confidence: 0.642053045714286

00:56:32.452 --> 00:56:34.459 6 and some at eight.
NOTE Confidence: 0.642053045714286

00:56:34.460 --> 00:56:37.400 People are going to bed before 8:30.
NOTE Confidence: 0.642053045714286

00:56:37.400 --> 00:56:39.600 You know you have to.
NOTE Confidence: 0.642053045714286

00:56:39.600 --> 00:56:40.852 Troubleshoot with them and
NOTE Confidence: 0.642053045714286

00:56:40.852 --> 00:56:43.040 say can you take a little bit?
NOTE Confidence: 0.642053045714286

00:56:43.040 --> 00:56:44.480 You know early,
NOTE Confidence: 0.642053045714286

00:56:44.480 --> 00:56:47.360 and I understand that it may
NOTE Confidence: 0.642053045714286

00:56:47.360 --> 00:56:50.009 interfere with your alertness when
NOTE Confidence: 0.642053045714286

00:56:50.009 --> 00:56:51.904 you're doing that very important

NOTE Confidence: 0.642053045714286
00:56:51.904 --> 00:56:54.159 exercise after after you eat dinner.
NOTE Confidence: 0.642053045714286
00:56:54.160 --> 00:56:54.992 This exercise,
NOTE Confidence: 0.642053045714286
00:56:54.992 --> 00:56:56.240 the thumb exercise,
NOTE Confidence: 0.642053045714286
00:56:56.240 --> 00:56:59.840 clicking the channel changer.
NOTE Confidence: 0.642053045714286
00:56:59.840 --> 00:57:01.757 You want people to have a quality of life.
NOTE Confidence: 0.642053045714286
00:57:01.760 --> 00:57:03.848 You want them to be able to change that,
NOTE Confidence: 0.642053045714286
00:57:03.850 --> 00:57:05.680 to stay awake with their partner,
NOTE Confidence: 0.642053045714286
00:57:05.680 --> 00:57:06.868 to watch TV.
NOTE Confidence: 0.884884997272727
00:57:09.060 --> 00:57:09.882 But do you want to try
NOTE Confidence: 0.884884997272727
00:57:09.882 --> 00:57:10.720 to get ahead of things?
NOTE Confidence: 0.884884997272727
00:57:10.720 --> 00:57:13.208 I if if it's basically what I would
NOTE Confidence: 0.884884997272727
00:57:13.208 --> 00:57:15.806 do would be to give them pregabalin.
NOTE Confidence: 0.884884997272727
00:57:15.810 --> 00:57:18.438 Now that Lyrica has gone generic,
NOTE Confidence: 0.884884997272727
00:57:18.440 --> 00:57:21.098 I'm I've switched many, not all,
NOTE Confidence: 0.884884997272727
00:57:21.100 --> 00:57:24.022 but many of my gabapentin patients
NOTE Confidence: 0.884884997272727

00:57:24.022 --> 00:57:26.450 to pregabalin because it's just.

NOTE Confidence: 0.884884997272727

00:57:26.450 --> 00:57:28.172 I know what I'm getting, gabapentin.

NOTE Confidence: 0.884884997272727

00:57:28.172 --> 00:57:30.104 I don't know what I'm getting.

NOTE Confidence: 0.90271185

00:57:34.030 --> 00:57:38.144 Next question, what was the lowest

NOTE Confidence: 0.90271185

00:57:38.144 --> 00:57:39.849 level of pramipexole that you

NOTE Confidence: 0.90271185

00:57:39.849 --> 00:57:42.060 see caused augmentation example,

NOTE Confidence: 0.90271185

00:57:42.060 --> 00:57:44.810 have you seen it at 0.125 milligram?

NOTE Confidence: 0.916109223333333

00:57:46.240 --> 00:57:48.893 I think it can happen at .125.

NOTE Confidence: 0.916109223333333

00:57:48.893 --> 00:57:51.758 Maybe it happens more slowly.

NOTE Confidence: 0.916109223333333

00:57:51.760 --> 00:57:55.430 Umm. But I think it can happen

NOTE Confidence: 0.916109223333333

00:57:55.430 --> 00:57:57.018 and I think you say to patients,

NOTE Confidence: 0.916109223333333

00:57:57.020 --> 00:58:00.350 you know this is a very low dose and

NOTE Confidence: 0.916109223333333

00:58:00.350 --> 00:58:02.219 sometimes I see patients on half

NOTE Confidence: 0.916109223333333

00:58:02.219 --> 00:58:04.710 of 1 of of a .125 and you say it's

NOTE Confidence: 0.916109223333333

00:58:04.710 --> 00:58:06.714 a really low dose and your risk of

NOTE Confidence: 0.916109223333333

00:58:06.714 --> 00:58:08.454 augmentation is less than other people,

NOTE Confidence: 0.916109223333333

00:58:08.460 --> 00:58:13.290 but it is certainly not 0. And. So.

NOTE Confidence: 0.896067835555555

00:58:15.550 --> 00:58:20.284 You know, in the end the decision is theirs.

NOTE Confidence: 0.896067835555555

00:58:20.290 --> 00:58:22.690 And if they don't tolerate the

NOTE Confidence: 0.896067835555555

00:58:22.690 --> 00:58:24.330 other medicines, if they don't

NOTE Confidence: 0.896067835555555

00:58:24.330 --> 00:58:25.730 respond to the other medicines,

NOTE Confidence: 0.896067835555555

00:58:25.730 --> 00:58:28.766 they're really the ones driving this.

NOTE Confidence: 0.896067835555555

00:58:28.770 --> 00:58:30.804 You give them the risks and

NOTE Confidence: 0.896067835555555

00:58:30.804 --> 00:58:32.800 benefits and you say to them.

NOTE Confidence: 0.8855214875

00:58:35.210 --> 00:58:36.586 You know you have a risk of this,

NOTE Confidence: 0.8855214875

00:58:36.590 --> 00:58:37.940 but I understand your symptoms

NOTE Confidence: 0.8855214875

00:58:37.940 --> 00:58:39.020 didn't respond to anything

NOTE Confidence: 0.8855214875

00:58:39.020 --> 00:58:40.467 else or you didn't tolerate it.

NOTE Confidence: 0.8855214875

00:58:40.470 --> 00:58:42.790 It's up to you and,

NOTE Confidence: 0.8855214875

00:58:42.790 --> 00:58:44.368 and I'll see you very regularly,

NOTE Confidence: 0.8855214875

00:58:44.370 --> 00:58:45.520 I don't see the people,

NOTE Confidence: 0.8855214875

00:58:45.520 --> 00:58:48.394 these people on dopamine agonist once
NOTE Confidence: 0.8855214875

00:58:48.394 --> 00:58:51.374 a year because things move too fast
NOTE Confidence: 0.8855214875

00:58:51.374 --> 00:58:53.898 at no less than every six months,
NOTE Confidence: 0.8855214875

00:58:53.898 --> 00:58:56.220 and maybe even more often than
NOTE Confidence: 0.8855214875

00:58:56.301 --> 00:58:58.491 that because we want to try
NOTE Confidence: 0.8855214875

00:58:58.491 --> 00:58:59.951 to avoid this problem.
NOTE Confidence: 0.815314465454545

00:59:02.840 --> 00:59:05.311 OK. And then does a higher ferritin
NOTE Confidence: 0.815314465454545

00:59:05.311 --> 00:59:07.240 level protect against augmentation?
NOTE Confidence: 0.838418585714286

00:59:08.260 --> 00:59:12.817 Well, low ferritin levels seem to promote.
NOTE Confidence: 0.838418585714286

00:59:12.820 --> 00:59:14.106 Augmentation. However,
NOTE Confidence: 0.838418585714286

00:59:14.106 --> 00:59:17.964 going from there's no evidence that
NOTE Confidence: 0.838418585714286

00:59:17.964 --> 00:59:21.416 going from 100 to 300 is protective.
NOTE Confidence: 0.838418585714286

00:59:21.416 --> 00:59:24.780 Ferritin is funky, as I'm sure you're aware.
NOTE Confidence: 0.838418585714286

00:59:24.780 --> 00:59:26.520 It's an acute phase reactant,
NOTE Confidence: 0.838418585714286

00:59:26.520 --> 00:59:29.940 and it doesn't take much to bump it up.
NOTE Confidence: 0.838418585714286

00:59:29.940 --> 00:59:33.220 So you can't trust the ferritin and I,

NOTE Confidence: 0.838418585714286
00:59:33.220 --> 00:59:34.726 you know, even the fellows I
NOTE Confidence: 0.838418585714286
00:59:34.726 --> 00:59:36.439 see them just are are fellows.
NOTE Confidence: 0.838418585714286
00:59:36.440 --> 00:59:38.036 They're just getting a fair 10, I say.
NOTE Confidence: 0.838418585714286
00:59:38.036 --> 00:59:39.176 You're just missing the boat.
NOTE Confidence: 0.838418585714286
00:59:39.180 --> 00:59:42.156 That 3:20, your ferritin means nothing.
NOTE Confidence: 0.838418585714286
00:59:42.160 --> 00:59:42.856 I don't know.
NOTE Confidence: 0.838418585714286
00:59:42.856 --> 00:59:44.480 I have no idea what it means,
NOTE Confidence: 0.838418585714286
00:59:44.480 --> 00:59:47.099 but it probably doesn't have to do with iron.
NOTE Confidence: 0.838418585714286
00:59:47.100 --> 00:59:49.780 And so.
NOTE Confidence: 0.838418585714286
00:59:49.780 --> 00:59:52.596 This is why I always get ferritin iron
NOTE Confidence: 0.838418585714286
00:59:52.600 --> 00:59:55.552 TIBC and I tell people I want you to
NOTE Confidence: 0.838418585714286
00:59:55.552 --> 00:59:57.974 take no iron containing vitamins and
NOTE Confidence: 0.838418585714286
00:59:57.974 --> 01:00:01.764 no red meat for at least 24 hours
NOTE Confidence: 0.838418585714286
01:00:01.764 --> 01:00:05.676 before you get your blood test.
NOTE Confidence: 0.838418585714286
01:00:05.680 --> 01:00:07.400 I want your iron level.
NOTE Confidence: 0.838418585714286

01:00:07.400 --> 01:00:10.096 I do not want the bacon from your
NOTE Confidence: 0.838418585714286

01:00:10.096 --> 01:00:12.729 bacon and eggs this morning level.
NOTE Confidence: 0.8818008

01:00:15.540 --> 01:00:16.540 I had a quick question.
NOTE Confidence: 0.8818008

01:00:16.540 --> 01:00:18.892 So if if you see someone
NOTE Confidence: 0.8818008

01:00:18.892 --> 01:00:20.460 who's on dopamine agonist,
NOTE Confidence: 0.8818008

01:00:20.460 --> 01:00:22.505 would you preemptively change them
NOTE Confidence: 0.8818008

01:00:22.505 --> 01:00:25.762 to alpha do to like delta, you know,
NOTE Confidence: 0.8818008

01:00:25.762 --> 01:00:27.808 so that you can avoid augmentation?
NOTE Confidence: 0.684302056666667

01:00:28.080 --> 01:00:29.326 Probably yes.
NOTE Confidence: 0.684302056666667

01:00:29.326 --> 01:00:33.126 I'll explain to them my concerns,
NOTE Confidence: 0.684302056666667

01:00:33.126 --> 01:00:37.697 but I'm not doing anything to anybody.
NOTE Confidence: 0.684302056666667

01:00:37.700 --> 01:00:40.720 I'm not changing their medicine.
NOTE Confidence: 0.684302056666667

01:00:40.720 --> 01:00:43.060 I'm providing them with guidance.
NOTE Confidence: 0.684302056666667

01:00:43.060 --> 01:00:45.170 That's what we do, right?
NOTE Confidence: 0.684302056666667

01:00:45.170 --> 01:00:47.606 And in the end, it's their body.
NOTE Confidence: 0.684302056666667

01:00:47.610 --> 01:00:48.309 And you know,

NOTE Confidence: 0.684302056666667
01:00:48.309 --> 01:00:50.243 at a certain point if they're on super
NOTE Confidence: 0.684302056666667
01:00:50.243 --> 01:00:52.014 high doses or something and they say
NOTE Confidence: 0.684302056666667
01:00:52.014 --> 01:00:53.888 I'm not going to make any changes,
NOTE Confidence: 0.684302056666667
01:00:53.890 --> 01:00:55.022 I'll say, you know,
NOTE Confidence: 0.684302056666667
01:00:55.022 --> 01:00:57.660 I don't think that I can care for
NOTE Confidence: 0.684302056666667
01:00:57.660 --> 01:01:00.534 you appropriately, but I rarely,
NOTE Confidence: 0.684302056666667
01:01:00.534 --> 01:01:03.206 rarely do that but.
NOTE Confidence: 0.684302056666667
01:01:03.210 --> 01:01:06.810 Give them the best odds that I can
NOTE Confidence: 0.684302056666667
01:01:06.810 --> 01:01:10.345 and allow them to make a decision.
NOTE Confidence: 0.684302056666667
01:01:10.350 --> 01:01:12.525 But I'm gonna keep nagging
NOTE Confidence: 0.684302056666667
01:01:12.525 --> 01:01:15.250 them every time I see them,
NOTE Confidence: 0.684302056666667
01:01:15.250 --> 01:01:17.896 because that's my job is to nag.
NOTE Confidence: 0.851054376666667
01:01:19.390 --> 01:01:23.702 Any further questions? I don't see
NOTE Confidence: 0.851054376666667
01:01:23.702 --> 01:01:25.708 any questions, no hands raised.
NOTE Confidence: 0.801096545
01:01:25.720 --> 01:01:27.024 I just, I just didn't want to say,
NOTE Confidence: 0.801096545

01:01:27.030 --> 01:01:28.446 John, thanks so much for that
NOTE Confidence: 0.801096545

01:01:28.446 --> 01:01:30.158 talk and it's always nice to hear
NOTE Confidence: 0.801096545

01:01:30.158 --> 01:01:31.598 from somebody that's been in the
NOTE Confidence: 0.801096545

01:01:31.598 --> 01:01:33.460 field a really long time, so.
NOTE Confidence: 0.820000828095238

01:01:35.860 --> 01:01:39.415 But I do. I know I do want to say that
NOTE Confidence: 0.820000828095238

01:01:39.415 --> 01:01:42.929 this message is so important it it's
NOTE Confidence: 0.820000828095238

01:01:42.929 --> 01:01:45.340 it's important for even people who are
NOTE Confidence: 0.820000828095238

01:01:45.340 --> 01:01:47.430 in the sleep field to here because I
NOTE Confidence: 0.820000828095238

01:01:47.430 --> 01:01:49.682 think it is a real change in how we
NOTE Confidence: 0.820000828095238

01:01:49.682 --> 01:01:51.754 think about how we treat restless legs.
NOTE Confidence: 0.820000828095238

01:01:51.760 --> 01:01:53.576 And and the first thing is to educate.
NOTE Confidence: 0.820000828095238

01:01:53.580 --> 01:01:55.225 Educate, to make people aware
NOTE Confidence: 0.820000828095238

01:01:55.225 --> 01:01:57.720 that this is a really big problem.
NOTE Confidence: 0.820000828095238

01:01:57.720 --> 01:02:00.240 And you know you first have to change the
NOTE Confidence: 0.820000828095238

01:02:00.240 --> 01:02:02.300 practice of the people that are in the
NOTE Confidence: 0.820000828095238

01:02:02.300 --> 01:02:04.779 field and then you can maybe begin to change.

NOTE Confidence: 0.820000828095238
01:02:04.780 --> 01:02:06.035 The practice of people that
NOTE Confidence: 0.820000828095238
01:02:06.035 --> 01:02:07.290 are outside of the field.
NOTE Confidence: 0.820000828095238
01:02:07.290 --> 01:02:09.474 But this is going to take a
NOTE Confidence: 0.820000828095238
01:02:09.474 --> 01:02:11.050 monumental effort and you know,
NOTE Confidence: 0.820000828095238
01:02:11.050 --> 01:02:13.198 I'm glad that that that, you know,
NOTE Confidence: 0.820000828095238
01:02:13.198 --> 01:02:15.310 we can do it kind of that we're
NOTE Confidence: 0.820000828095238
01:02:15.382 --> 01:02:16.478 on the same page.
NOTE Confidence: 0.820000828095238
01:02:16.480 --> 01:02:18.874 That's a great comment and I want
NOTE Confidence: 0.820000828095238
01:02:18.874 --> 01:02:21.517 to point out for all of you there
NOTE Confidence: 0.820000828095238
01:02:21.517 --> 01:02:25.100 in New Haven that you've got a
NOTE Confidence: 0.820000828095238
01:02:25.100 --> 01:02:27.760 world expert right there.
NOTE Confidence: 0.820000828095238
01:02:27.760 --> 01:02:28.045 Right.
NOTE Confidence: 0.820000828095238
01:02:28.045 --> 01:02:30.040 That is home today with his kids
NOTE Confidence: 0.820000828095238
01:02:30.040 --> 01:02:32.037 who went home early from school.
NOTE Confidence: 0.820000828095238
01:02:32.040 --> 01:02:35.239 So when you have questions about your
NOTE Confidence: 0.820000828095238

01:02:35.239 --> 01:02:38.060 RLS patients, your augmented RLS patients,
NOTE Confidence: 0.820000828095238

01:02:38.060 --> 01:02:39.960 you're difficult RLS patients.
NOTE Confidence: 0.820000828095238

01:02:39.960 --> 01:02:41.408 Just to e-mail Brian,
NOTE Confidence: 0.820000828095238

01:02:41.408 --> 01:02:44.012 you're I'm sure you're going to give
NOTE Confidence: 0.820000828095238

01:02:44.012 --> 01:02:46.504 them your home phone number just e-mail
NOTE Confidence: 0.820000828095238

01:02:46.504 --> 01:02:48.994 or call Brian at home because you
NOTE Confidence: 0.820000828095238

01:02:48.994 --> 01:02:53.800 know it's there are not many experts,
NOTE Confidence: 0.820000828095238

01:02:53.800 --> 01:02:55.605 Rs experts and you're really
NOTE Confidence: 0.820000828095238

01:02:55.605 --> 01:02:57.900 lucky to have one right there.
NOTE Confidence: 0.820000828095238

01:02:57.900 --> 01:02:59.920 So take advantage of him.
NOTE Confidence: 0.875957486923077

01:03:03.400 --> 01:03:05.472 Well, thank you. Thank you so much
NOTE Confidence: 0.875957486923077

01:03:05.472 --> 01:03:07.498 Doctor Winkleman for this excellent talk.
NOTE Confidence: 0.875957486923077

01:03:07.500 --> 01:03:10.420 I'm sure everybody enjoyed and learned a lot.
NOTE Confidence: 0.875957486923077

01:03:10.420 --> 01:03:14.660 Thank you everyone for your time. Bye, bye,
NOTE Confidence: 0.702096952857143

01:03:14.700 --> 01:03:16.884 bye, all. Good to see you all.
NOTE Confidence: 0.702096952857143

01:03:16.890 --> 01:03:18.330 See you soon, Brian.

NOTE Confidence: 0.702096952857143

01:03:18.330 --> 01:03:20.349 See you. Bye, bye, bye.