

Editorial

ABRASPI: Associação Brasileira da Síndrome das Pernas Inquietas – (Brazilian Restless Legs Syndrome Association)

Restless legs syndrome (RLS) is a highly prevalent disease and almost in the entire world such syndrome is on focus. Treatments available at the present time are quite efficient and there is no reason for a further torment to a great deal of patients. In USA a national foundation (Restless Legs Syndrome Foundation) covers almost all issues regarding patients needs, providing them a lot of information that they can even handle to their Doctors at the office visits. This spirit of open and frank disposition to carry data by patients, families, and volunteers was remarkable to broad all over the US those red flags that feature the essence of RLS clinical picture.

Besides, Brazilian Doctors already have under their skins a kind of “European culture” resembling aphorisms like “L’État c’est Moi”, what seems to be an obstacle to spread free information by lay people, we believe that such civil organization like the recently created ABRASPI will bring another way to shed lights, concerns, and knowledge to health professionals on this issue. Probably we will have a tremendous improvement on diagnosis and treatment of RLS patients in the years to come, and we also hope that some health services all around this big country make an effort to keep some patient-based organization helping them to rich those health professionals, mainly Orthopedists, Rheumatologists, Vascular Surgeons, General Practitioners, and also Neurologists and Neurosurgeons with alerts related to RLS diagnosis and treatment.

The ABRASPI goals at this time are: 1) to gather patients in a common cause; 2) to rise in their minds a sense of responsibility to others; 3) to promote meetings and to invite speakers to help attendees understand the scope of the new discoveries and the implications of ongoing research; 4) to hear suggestions on a large range of complaints that are bothering the patients; 5) to produce all sort of handles to patients and health professionals 6) to keep a close relationship with medical ongoing researches in another countries; 7) and among others, to encourage research of our own interest regarding those important themes associated to RLS.

For this accomplishment I would like to register my gratitude to Dr Christopher Earley and Dr Richard Allen at The Johns Hopkins Hospital for the opportunity and time spent in training and teaching me in the field of RLS. Without it the ABRASPI would take a little bit more time to show out in our country. Their initiative, support, dynamism, and enthusiasm with RLS patients and research are contagious and have given me strength to face peculiar difficulties to achieve basic goals here in Brazil.

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Editor