

Speakers/Moderators

Prof. Dr. med. Raffaele Ferri, Sleep Research Centre, Department of Neurology I.C., Oasi Research Institute – IRCCS, Troina Italy

Dr. phil. Stephany Fulda, Sleep Center, Neurology Clinic, NSI, EOC, ORL, Lugano, Switzerland

PD Dr. med. Salvatore Galati, Neurology Clinic NSI EOC, ORL; Faculty of Biomedical Sciences, University of Southern Switzerland

Dr. med. Corrado Garbazza, Sleep Center, Neurology Clinic, NSI, EOC, ORL, Lugano, Switzerland

PD Dr. med. Josè Haba-Rubio, Centre for Investigation and Research in Sleep (CIRS), Lausanne University Hospital (CHUV), Lausanne Switzerland

Dr. med. Sandra Hackethal, Sleep Center, Neurology Clinic, NSI, EOC, ORL, Lugano, Switzerland

Prof. Dr. med. Alain Kaelin, NSI, EOC, ORL, Faculty of Biomedical Sciences, University of Southern Switzerland, Lugano, Switzerland

Prof. Dr. med. Mauro Manconi, Sleep Center, Neurology Clinic, NSI, EOC, ORL; Faculty of Biomedical Sciences, University of Southern Switzerland, Lugano, Switzerland

Dr. med. Silvia Riccardi, Sleep Center, Neurology Clinic, NSI, EOC, ORL, Lugano, Switzerland

Dr. Michael H. Silber, Center for Sleep Medicine and Department of Neurology, Mayo Clinic College of Medicine and Science, Rochester, MN, USA

Prof. Mehdi Tafti, Department of Biomedical Sciences, Faculty of Biology and Medicine, University of Lausanne, Lausanne, Switzerland

Prof. Dr. Lynn Marie Trotti, Department of Neurology, Emory University School of Medicine, Atlanta, GA, USA

Prof. Dr. John Winkelman, Departments of Psychiatry and Neurology, Massachusetts General Hospital, Harvard Medical School, Boston, MA, USA

Organisation

Neurocentro della Svizzera Italiana (NSI)

Information

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Sleep Symposium

Update on Restless Legs Syndrome: A Virtual Symposium for a Real Disease

Thursday 22nd October 2020

from 15h30 to 19h20

Link to Zoom Videoconference: zoom.us/join

Meeting ID: **786 9015 0504** / Passcode: **F3vyW0**



Dear Colleagues,

We are pleased to invite you to the annual Symposium of Sleep Medicine, organized by the Neurocenter of Southern Switzerland. Four years after the recognition of our center as a Quality Care Center for Restless Legs Syndrome (RLS) we are happy to dedicate the meeting to RLS and periodic limb movements (PLM). Both are frequent clinical conditions with a major impact on quality of life, but still under-recognized. Despite recent promising advances in the field, the mechanism behind RLS and the clinical meaning of PLM remain unclear and represent one of the most intriguing mystery for sleep specialists. There is also an urgent need for new effective treatment strategies in RLS. The dream of a safe and sustained management of RLS with dopamine-agonists has progressively melted under the sun of the “augmentation”, which is the main long-term complication in RLS treatment.

Due to the COVID pandemic, we decided to organize the event as a fully virtual meeting. The virtual frame gives us the opportunity to involve international outstanding speakers, who will address the most recent hot topics in RLS. For this reason the official language of the event is English. You can participate in the discussion from your home/work computer with the following link: zoom.us/join
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Prof. Dr. med.
Alain Kaelin

Dr. phil.
Stephany Fulda

Prof. Dr. med.
Mauro Manconi

ATTENTION: Certificates of participation will be sent by email only

Credits

Swiss Neurological Society (SNG)	requested
Swiss Society of Neuropediatrics (SSNP)	requested
Swiss Society for Sleep Research, Sleep Medicine and Chronobiology (SSSSC)	requested
Ticinese Society of Internal General Medicine*	requested

* (credits valid for the extended training for the Internal General Medicine SGAIM/SSMIG/SSGIM)

Program

15h30	Welcome Alain Kaelin, Mauro Manconi, Stephany Fulda
	Moderation Session 1
15h40	Corrado Garbazza Updates and New Developments
15h50	Introduction / Mauro Manconi
15h50	Update on genetics of RLS / Mehdi Tafti
16h10	Restless Sleep Disorder (RSD): a new diagnosis for an old pediatric sleep complaint / Raffaele Ferri
16h30	Break
	Moderation Session 2
16h40	Stephany Fulda Periodic Limb Movements
16h40	Prevalence and determinants of periodic limb movements in the general population Josè Haba-Rubio
17h00	Pharmacological responsiveness of PLMS: results of a meta-analysis / Silvia Riccardi
17h20	Periodic limb movement disorder: where are we now? / Stephany Fulda
17h40	Break
	Moderation Session 3
17h50	Salvatore Galati Treatment of RLS
17h50	Standard guidelines and conventional treatments Lynn Marie Trotti
18h10	Putting out fire with gasoline: nearly 20% of RLS Patients in the US nationally are treated with dopamine agonists at higher doses than the maximum recommended by FDA and expert guidelines / John Winkelman
18h30	Unconventional and new treatments: further than pramipexole and pregabalin Michael H. Silber
18h50	Spinal epidural electric stimulation in RLS Sandra Hackethal
19h05	Conclusions / Mauro Manconi

REGISTRATION CARD

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TO JOIN

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ATTENTION: Certificates of participation are sent by email only

I wish to register to the Symposium

Titel/Name/Surname

Institution /Private practice

Address:

Email (necessary for the Certificate of participation):

Phone/mobile

Date and signature

To be submitted by 18.10.2020
e-mail: neurocentro@eoc.ch