

By: Zerwas

H.C.R. No. 122

CONCURRENT RESOLUTION

1 WHEREAS, Restless Legs Syndrome, also known as Willis-Ekbom
2 disease, is a chronic neurological disorder characterized by
3 uncomfortable and even painful sensations in the legs and an almost
4 irresistible urge to move them; and

5 WHEREAS, An estimated 10 million adults in the U.S. suffer
6 from Restless Legs Syndrome, which can afflict persons of any age,
7 race, or sex; as symptoms may seem abstract and difficult to
8 describe to others, many sufferers delay or forgo seeking medical
9 attention, with more than half waiting 10 years or longer to obtain
10 a diagnosis; and

11 WHEREAS, Restless Legs Syndrome can profoundly impact a
12 patient's overall quality of life, as sensations are often
13 aggravated by inactivity and rest; this may result in a loss of
14 sleep that can severely impair concentration and work productivity,
15 and patients may have pronounced difficulty with sedentary
16 activities like watching television or riding in a vehicle for an
17 extended period of time; and

18 WHEREAS, While there is no known cure for Restless Legs
19 Syndrome, milder forms of the condition can be eased through
20 certain lifestyle changes, such as increased exercise and improved
21 sleep hygiene, and prescription medications can help manage
22 symptoms in more extreme cases; and

23 WHEREAS, Various advocacy organizations across the nation
24 and around the world are marking September 23, 2013, with

1 activities to help raise awareness of this incapacitating and
2 too-often undiagnosed disease; although research, education, and
3 breakthroughs in treatment have helped to provide much-needed
4 relief for its sufferers, more must be done to ensure that patients
5 receive adequate support in dealing with their condition, and this
6 observance is a valuable effort toward that goal; now, therefore,
7 be it

8 RESOLVED, That the 83rd Legislature of the State of Texas
9 hereby designate September 23, 2013, as Restless Legs
10 Syndrome--Willis-Ekbom Disease Awareness Day in Texas and
11 encourage all residents to learn more about this disorder.