

JANUARY 2022 DATA
UPDATE

TOPIC: TWO-YEAR DATA
UPDATE

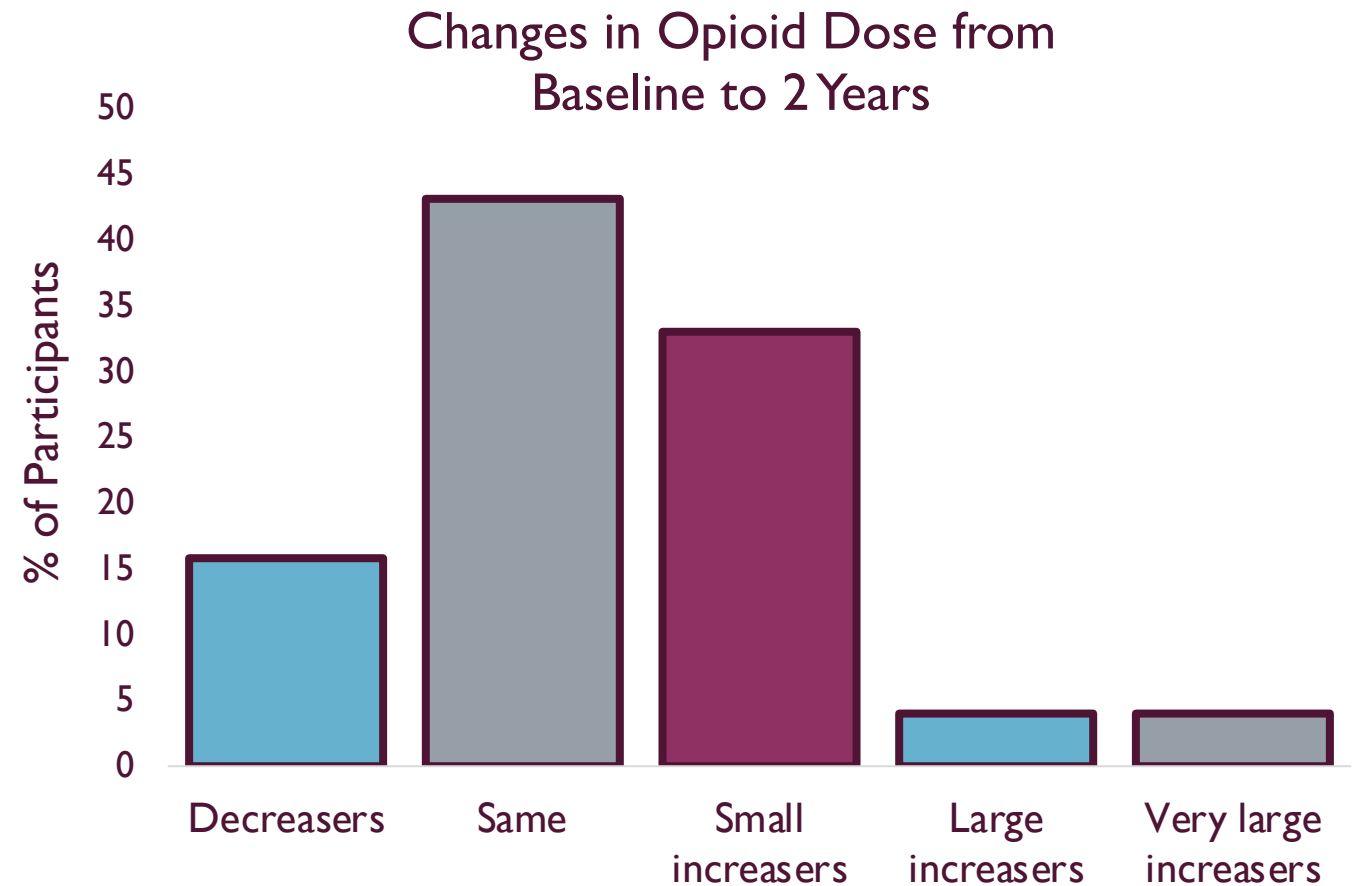
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COMPARING TWO-YEAR TO BASELINE OPIOID DOSES

- 41% of participants increased their opioid dose
- Only 8% of participants (36 people) were big or very big increasers





WHO WAS MORE LIKELY TO INCREASE THEIR OPIOID DOSE?

Nearly all participants (97.2%) who greatly increased their opioids dose satisfied at least one of these five conditions

Participants who switched opioids from Baseline to 2 Years

Participants who stopped taking a dopamine agonist, gabapentin, or pregabalin

Participants with at least mild insomnia symptoms

Participants who use their opioid for non-RLS pain

Participants with a history of Major Depressive Disorder

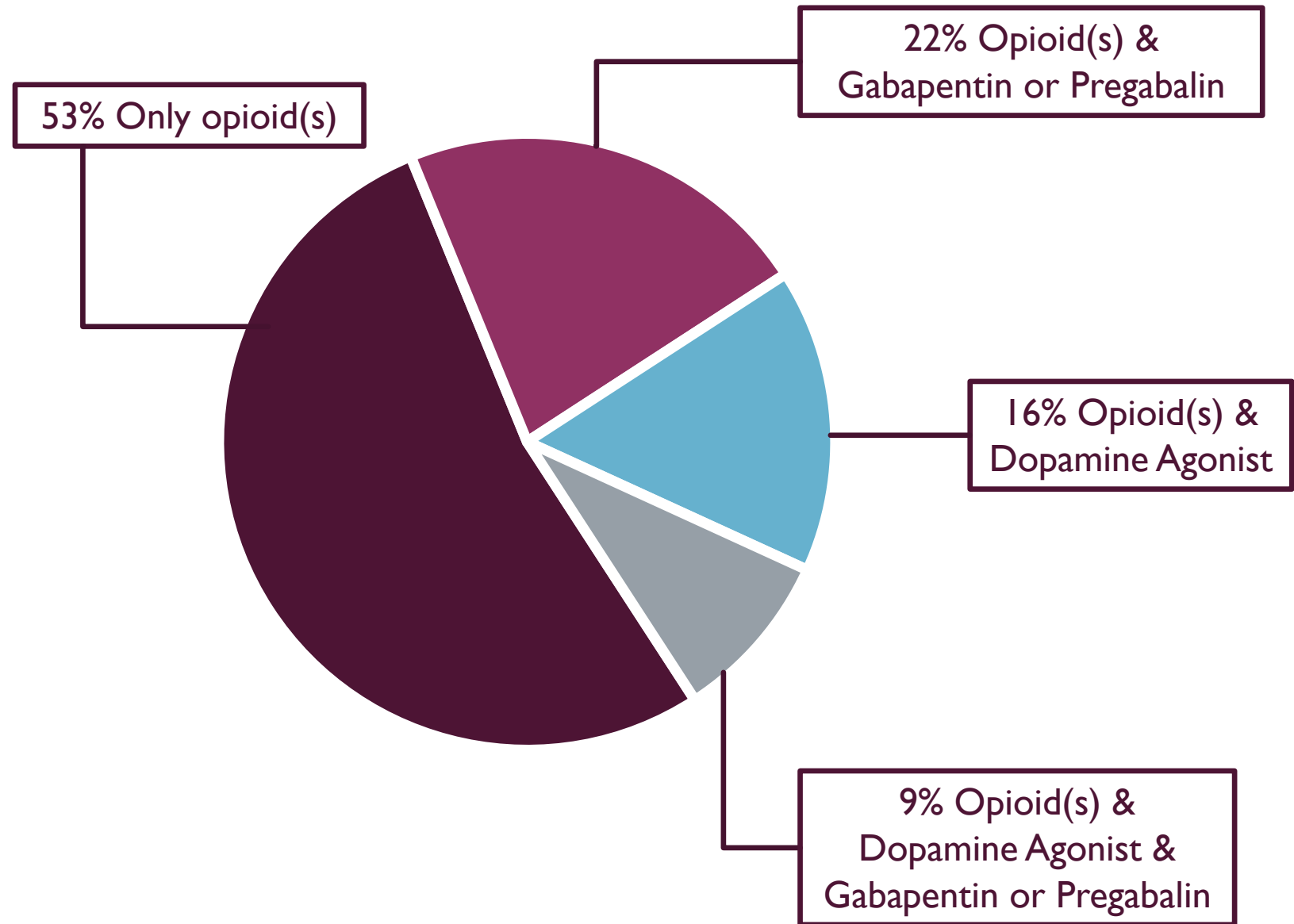
RLS, SLEEP, DEPRESSION, AND ANXIETY SEVERITY

- From Baseline to 2-Years:
 - Insomnia, RLS, and depression symptoms remained relatively unchanged
 - There was a slight increase in anxiety symptoms
 - Patients that switched their opioid medication to Methadone between Baseline and Year 2 reported lower RLS symptom severity



2-YEAR REGISTRY MEDICATION

- The majority of Registry participants use opioids as their only RLS medication
- However, some participants additionally use a dopamine agonist, gabapentin/pregabalin, or both
- 20% of participants report that they are currently taking an iron supplement



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Subject: World Sleep 2022: Abstract Notification



Greetings John Winkelman,

Congratulations. We are pleased to inform you that your abstract titled, **“2-Year Longitudinal Data from the National Restless Legs Syndrome Opioid Registry”** number **“ABS-WS-2022-00955”** has been accepted to be presented as an **ORAL** abstract presentation at World Sleep 2022 in Rome, Italy. The congress is from March 11-16, 2022, at the Roma Convention Center La Nuvola in Rome, Italy. The oral presentation schedule will be finalized in January 2022, at which time we will notify you of the date, time, and room number of your oral abstract presentation session.

We are excited to announce that this 2-year data has been accepted as an oral presentation at World Sleep in Rome!

CONCLUSION

This study is not meant to be used as clinical guidance nor is it a reflection of individual experiences.

If you have any questions or comments, please email RLSregistry@partners.org or call 617-643-6026 to speak with Jordana, the Registry coordinator.

Registry enrollment has officially closed at 500 participants. Nearly everyone enrolled (94.9%) continues to participate. Our first enrollees have now completed their 4-year surveys! Detailed progress is shown on the left.

Thank you for your continued participation!

