

NATIONAL RLS OPIOID REGISTRY 4-YEAR DATA
UPDATE:

WHAT RLS TREATMENTS ARE REGISTRY PARTICIPANTS USING?

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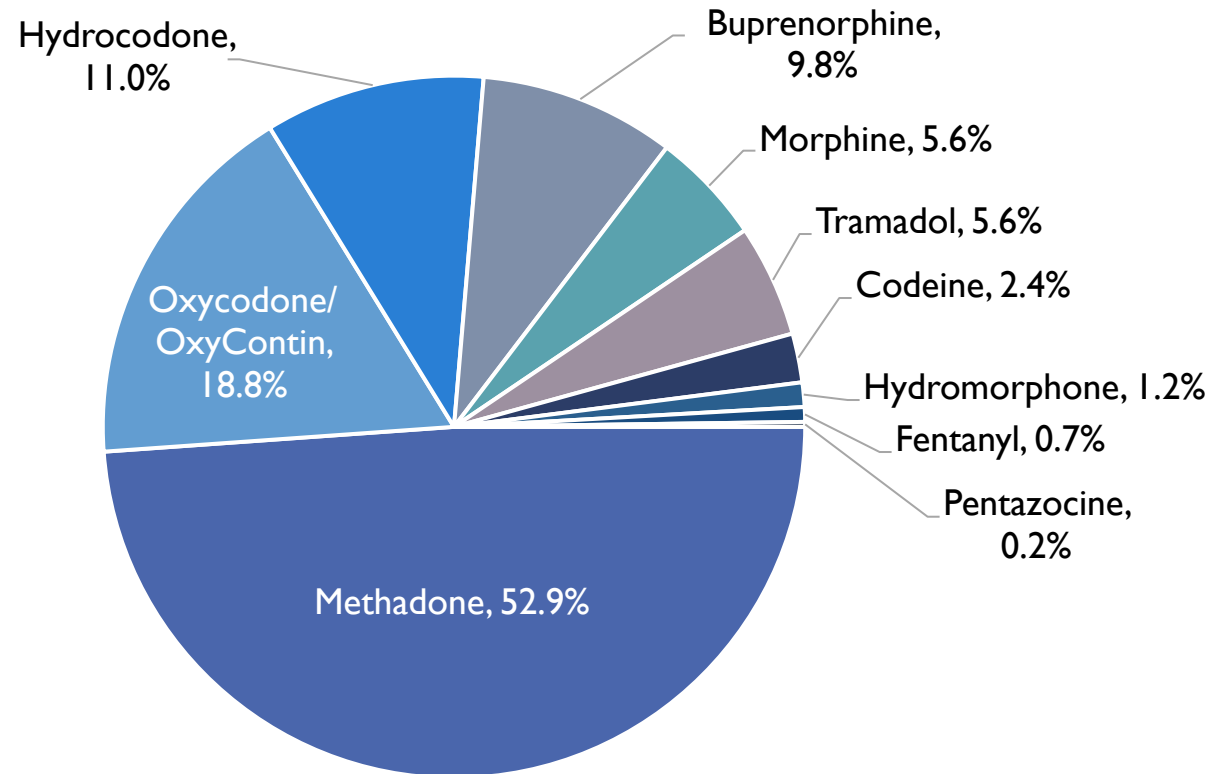
Sleep Disorders Clinical Research Program



**NATIONAL RLS
OPIOID REGISTRY**

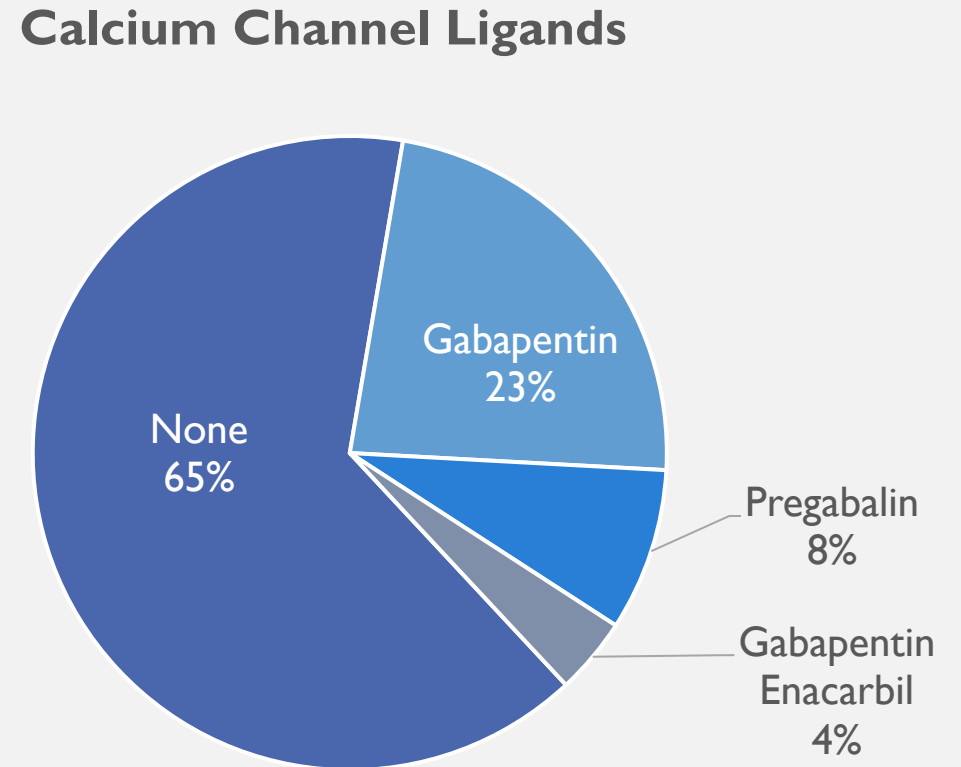
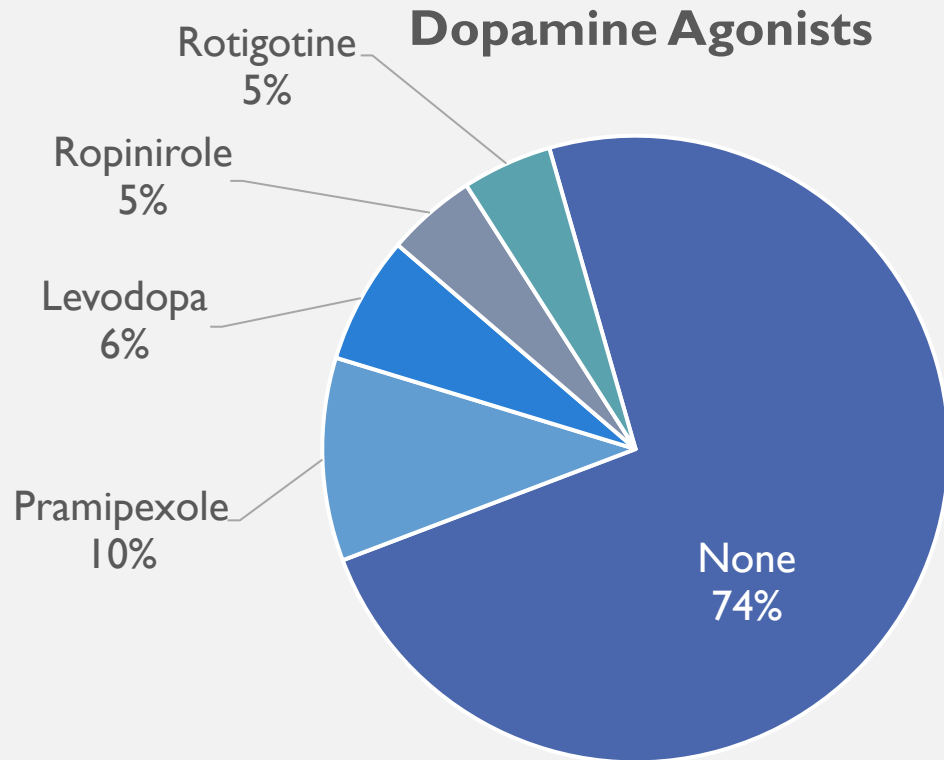
Massachusetts General Hospital

WHAT OPIOID MEDICATIONS ARE REGISTRY PARTICIPANTS TAKING?



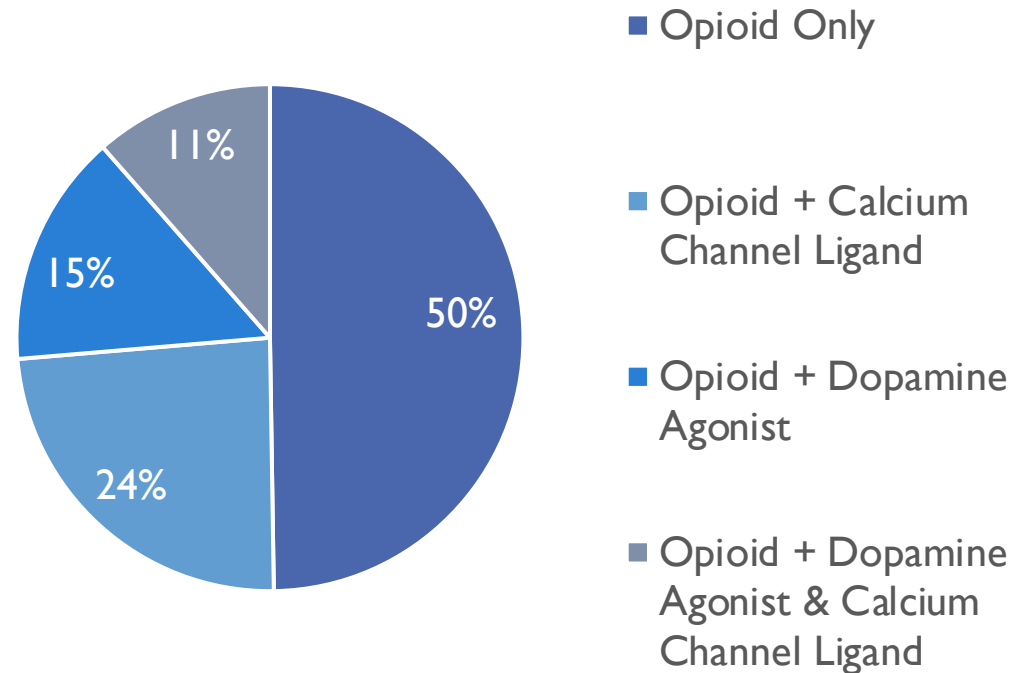
8.3% OF PARTICIPANTS TAKE A COMBINATION OF TWO OPIOID MEDICATIONS

WHAT OTHER RLS MEDICATIONS ARE REGISTRY PARTICIPANTS TAKING?

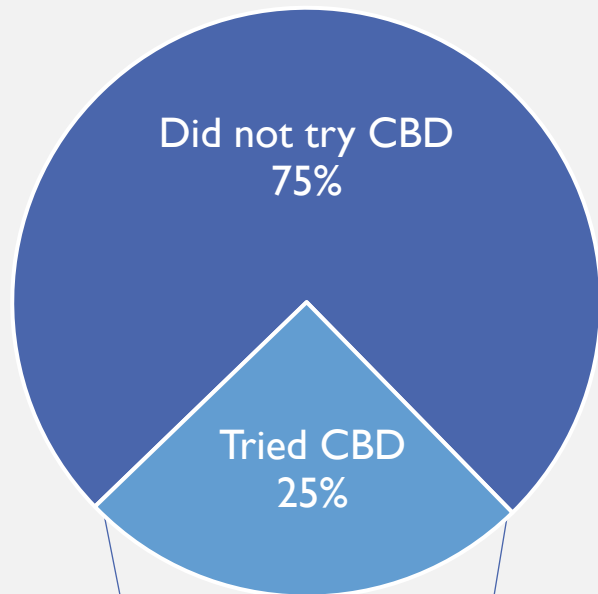


HOW DO
REGISTRY
PARTICIPANTS
COMBINE THEIR
MEDICATIONS?

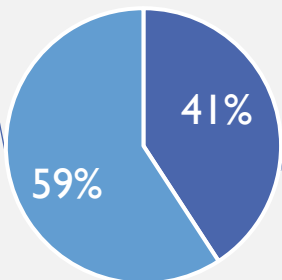
While many participants manage their RLS with the use of opioids alone, **50% of participants use an additional medication** (or two) to manage their symptoms.



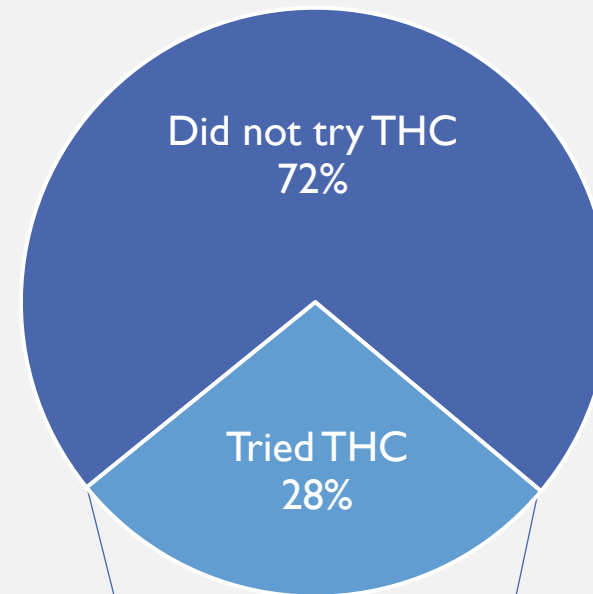
DO REGISTRY PARTICIPANTS USE **CBD OR THC** AS RLS TREATMENTS?



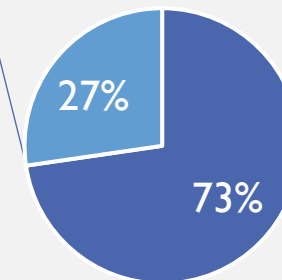
■ Helpful
■ Not Helpful



While only a small number of participants have tried THC or CBD for their RLS, those who have tried them find **THC much more helpful** than CBD

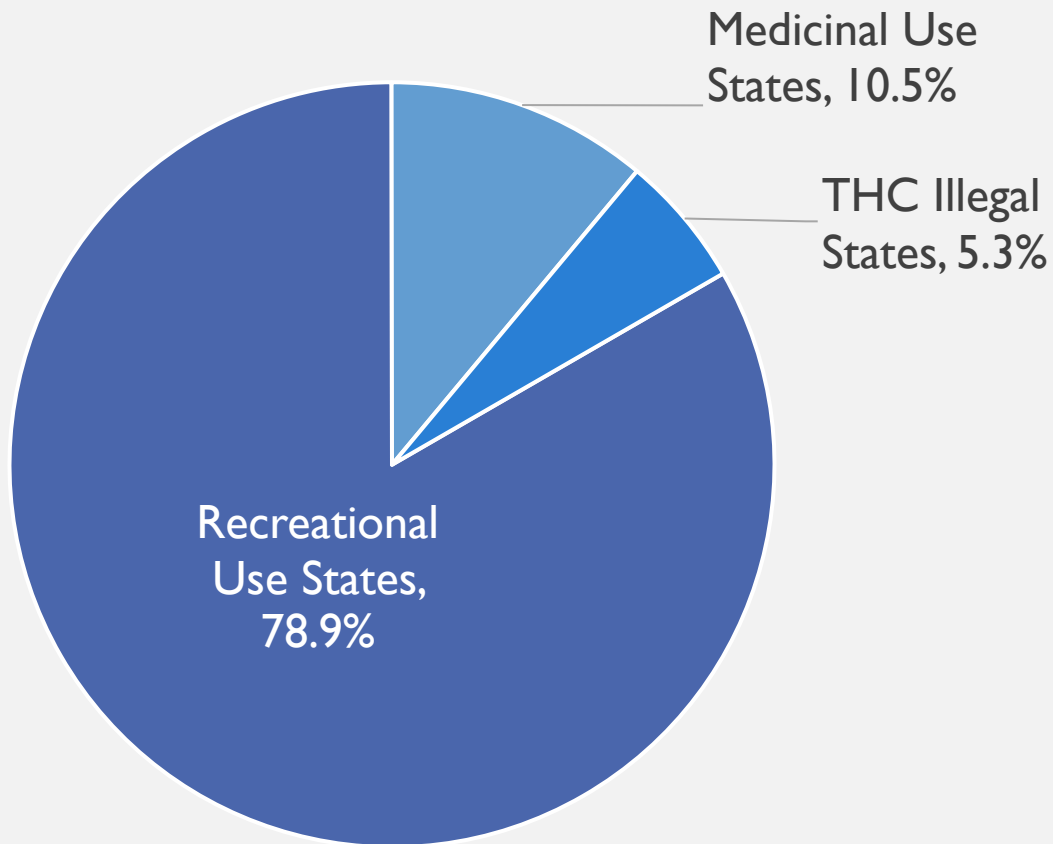


■ Helpful
■ Not Helpful



WHICH REGISTRY PARTICIPANTS USE **THC** TO TREAT THEIR RLS?

Where do **THC** users live?



*Compared to the overall Registry, those that use **THC** for their RLS...*

- Have similar **age** and **sex** distribution
- Have a higher **median opioid dose**
- Have slightly more **severe RLS**

State of residence may be a barrier to those willing to try **THC** to treat their RLS

Thank you for your continued participation!

Response Rate:



Nearly all still-eligible participants enrolled at baseline (93.6%) continue to participate.

Recent Descriptions of Registry Findings:

- Presentation at **World SLEEP 2023 (Rio de Janeiro)**
- Article in **Nightwalkers Fall 2023**

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

Questions or comments? Please email akilty@mgh.harvard.edu or call (617) 643 - 6026

500 Total at Baseline



441 Completed 3-Year



425 Completed 4-Year



276 Completed 5-Year
So Far