



By Jim Miller
Tips and Treatments for Restless Leg Syndrome
Dear Savvy Senior,

What can you tell me about restless leg syndrome? Over the past year or so I’ve developed an uncontrollable urge to move my legs because of an annoying tingling sensation, and it’s keeping me awake at night.
Always Tired

Dear Tired,
If an irresistible urge to move your legs has you kicking in your sleep, then chances are pretty good you have restless leg syndrome (or RLS), a condition that affects about 7 to 8 percent of Americans. Here’s what you should know.
RLS, also known as Willis-Ekbom Disease, is a nervous system problem that causes unpleasant or uncomfortable sensations (often described as a creepy-crawly, tingling, itching, aching throbbing, pulling or electric feeling) and an irresistible urge to move one or both legs while you’re sitting or lying down, and the symptoms usually get worse with age. It typically happens in the evenings or nights while resting. Moving eases the unpleasant feeling temporarily.
While RLS is not a life-threatening condition, the main problem, other than it being uncomfortable and annoying, is that it disrupts sleep, leading to daytime drowsiness, difficulty concentrating and even depression.
What exactly causes RLS is not known, but researchers suspect it could be linked to several things including iron deficiency, an imbalance of the brain chemical dopamine, and genetics – about 60 percent of people with RLS have a family member with the condition.

Treatments
While there’s no cure for RLS, there are things you can do to alleviate the symptoms. The first line of defense is usually to avoid certain substances like alcohol, caffeine, nicotine and refined sugar, which can aggravate the problem.
Certain drugs including antin-

ausea drugs, antipsychotic drugs, some antidepressants, and cold and allergy medications containing sedating antihistamines can also make RLS worse. If you take any of these medications, ask your doctor or pharmacist if something else can be taken.
Iron and magnesium deficiencies are also believed to be contributors to RLS, so make an appointment with your doctor and get a blood test to check for this. If you test positive for iron and/or magnesium deficiency, your doctor may recommend supplements.
You may also benefit from self-care treatments such as leg/calf stretches and massage, hot baths or applying hot or cold packs to the affected area. Pressure can also be effective for some people, so you may want to try wearing compression socks.
Getting moderate, regular exercise like walking, cycling, water aerobics and yoga can relieve symptoms too, but overdoing it or exercising late in the day may intensify them.

Medications
If the previously listed tips and self-treatments don’t reduce your RLS, there are various medications your doctor can prescribe that can help, including:
Anti-seizure drugs: These medications affect nerve cell activity to reduce symptoms. Examples include gabapentin enacarbil (Horizant), gabapentin (Neurontin) and pregabalin (Lyrica).
Dopaminergic medications: These drugs, which are taken before bedtime, work by increasing dopamine, a chemical in the brain which helps reduce RLS. Examples are ropinirole (Requip), pramipexole (Mirapex), and the transdermal patch rotigotine (Neupro). But be aware that while these drugs, taken short-term are effective, long-term use can make symptoms worse.
The anti-seizure medicines have become a first-choice drug treatment option for most doctors because they seem to be as effective as the dopaminergic medications, with fewer side effects.
Sometimes, other medications like benzodiazepines – alprazolam

(Xanax), clonazepam (Klonopin), diazepam (Valium) – may be prescribed for more restful sleep, but they don’t eliminate the leg sensations, and they can be addictive so it’s best to avoid them if possible.
For more information, visit the Restless Legs Syndrome Foundation at RLS.org.
Send your questions or comments to questions@savvysenior.org, or to Savvy Senior, P.O. Box 5443, Norman, OK 73070.

Did you know?

Professionals might be returning to work in offices after years of pandemic-related remote work, but that doesn’t mean home buyers aren’t still prioritizing home office space when shopping for a new place to call their own. According to a recent survey of home buyers conducted by the National Association of Home Builders, 66 percent would prefer to buy a home with exactly one home office space and 13 percent want at least two offices. Just one in five buyers indicated they do not want any home office space. The majority of buyers who want home office space prefer a



medium-sized space, which the NAHB defined as between 100 and 150 square feet. Just 22 percent of buyers prefer a home office space larger than 150 square feet, while only 19 percent want a small space (less than 100 square feet). The NAHB survey indi-



KILLING TIME

Agatha Raisin, a spit-fire of a woman, owns a private detective agency. She loves her work and is kept busy with many small cases throughout the year. Her small staff is efficient and reliable and they all get along well.
But when a series of burglaries involving the small shops in her town takes place, Agatha has more reason than ever to pursue the perpetrators than ever. In one of the burglaries, the owner of the small jewelry store is murdered. Making the burglary more personal is the fact that not only is the jewelry store located downstairs from Agatha’s detective agency, the only item which seems to be missing in the robbery is an antique clock owned by Agatha which was on display there, waiting to be fixed.
Oddly, at the same time, Agatha begins receiving mysteri-

ous notes in the mail; notes which appear to be death threats. Soon after that, Agatha and her personal assistant, Toni, narrowly avoid being kidnapped.
Even though it’s obvious that these events are personal, targeting Agatha, the police are irritated that Agatha and her crew are taking criminal matters into their own hands. Feeling these incidents need to be dealt with by “professionals”, the police warn Agatha to “back off”.
Agatha hasn’t invested all the years she has into her private detective agency just to look the other way when the police feel they are the best qualified entity to solve their village’s problems. To appease them, Agatha appears to “lie low” while she secretly continues working on solving these crimes, and, after all, it is HER treasured clock that has been stolen.
“Killing Time” is a light-hearted mystery with a full crew of people to keep track of during the story. Written by author M. C. Beaton with R. W. Green, “Killing Time” is Book Number 35 in “The Agatha Raisin Mystery Series.”
This book can be obtained through the Kidder County Public Library in Steele.

The Steele Ozone and Kidder County Press is proud to sponsor this series of articles. The Kidder County Library is open 9 - 12 & 1 - 5 M-F.

If you’ve not stopped in lately, you are missing a lot!

Remember, the Library accepts old eye glasses.

If you need to see a past edition of the Ozone Press from 2000 to current, the Ozone Press has donated a hardbound edition to the Kidder County Library

Did you know?

Patios continue to be more popular than decks. According to a tabulation of data from HUD/Census Bureau Survey of Construction from the National Association of Home Builders, the share of new homes with patios is on the rise while the share with decks remains low. The NAHB tabulation found that the percentage of new homes with decks was 17.6 percent in 2023, while the percentage of new homes with patios reached a record high of 63.7 percent in that same year. Though some homes feature both a deck and patio, the NAHB notes that’s the case in just 6 percent of properties. However, decks have remained a go-to choice in certain regions of the United States. For example, the NAHB reports that 76 percent of new homes in New England featured decks while just 17 percent featured patios. Decks (42 percent) also proved more popular than patios (20 percent) in the mid-Atlantic region.

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Now Hiring - P/T to F/T Driver

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The Driscoll Township is now accepting bids for the following:

Cub Cadet Z force 48" riding mower

Kohler engine

Zero turn

3 Wooden circular tables

13 Wooden Rectangular Tables (very heavy)

SEALED BIDS CAN BE SENT TO 328 1st st SE, Driscoll ND 58532 and will be opened August 27th at 5pm.

ALL ITEMS MUST BE ARRANGED TO BE PICKED UP BEFORE AUGUST 30th.