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## RESTLESS LEG SYNDROME IN IRANIAN FAMILY

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**R**estless legs syndrome (RLS) is a functional disorder of the genital tract that is characterized by an unpleasant sensation and constant movement of the legs. The syndrome is one of the most commonly diagnosed sleep disorders that affects about 3-15% of the general population, and about 2-3% of people have visible clinical symptoms. The incidence of this disease in women is more than that of men. Precise statistics on the prevalence of the disease in Iran are not available, but on average, 15% of the recipients have mild to severe symptoms. In this article, we study the effects of renal and dialysis diseases and depression in the elderly on the prevalence of this syndrome in Iranian society. As well as health care to reduce the symptoms of the disease and specially effect of hot water bag on severity of restless legs syndrome in hemodialysis patients.

### Biography

Zahra Alibabaei is student of Biology and Genetics and will complete her MSc from IAUCTB, University of Tehran, Iran. She is studying on her thesis about RLS in Iran in Pasteur Institute, Tehran. She has a review article about duplication in genome plant and attended 17<sup>th</sup> Plant Genome Evaluation (1-3 October 2017) in Spain. She is a member of the Young Researchers and Elite Club of Azad University. She is also a member of ISIC. She has also attended a conference on Assisted Reproductive Techniques in Advanced Fertility Therapy in Tehran in 2016 as a collaborator and participant, and received a certificate. She has a certificate from Iranian Biotechnology Society for attending the Shahid Beheshti University, Tehran, 2015.

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