

Letter to my Dear (departed) Mum,

Dear Mum,

I'm so very sorry I did not understand how dreadfully you must have suffered with your restless legs. For years! With very little understanding or help from doctors.

I wish you were still with us so I could hug you and tell you I now sympathise.

I wish I could ask if your involuntary leg jerking started in the afternoon, any time you tried to sit in a comfortable chair to watch a TV program, when you went to the movies or a show, any time you were a passenger in a car for more than 15 minutes, or if you travelled in a plane, did you wish you could jump out?

If you did too much gardening, did the jerking/crawling/gnawing sensations involve not just your legs, but also your arms, shoulders and back? Did you get jabs like electric currents in your feet and ankles? And how did you cope with the sleeplessness and debilitating exhaustion while still working part time and caring for family, hardly ever complaining.

Dear Mum, I wish you could have had a great doctor like mine, who quickly diagnosed the problem and prescribed medication that saved my sanity and enabled me to function normally for most of the day, sitting/travelling and nausea aside.

Dear Mum, I'm sure if you were here you would join me in hoping and praying yours and my grandchildren will not have to suffer as we have; that research will bring tailored medications to relieve the tortuous symptoms of Restless Legs Syndrome.

Love always from your daughter Cheryl

*Written for RLS Awareness Day 2018*

