

## OP34.5

### **Impact of physical activity on nocturnal leg cramps in patients over 60 years old**

*Hubert Maisonneuve(1), C Delacour(2), J Chambe(2), C Bodot(2), E Bigerel(2), C Granda(2), L Epifani(2), F Lefebvre(3)*

*(1) University of Geneva, Primary Care Unit, Geneva, Switzerland*

*(2) University of Strasbourg, General Practice Department, Strasbourg, France*

*(3) University of Strasbourg, Public Health Department, Strasbourg, France*

*Corresponding author: Dr Hubert Maisonneuve, University of Geneva, Primary Care Unit, Geneva, Switzerland. E-mail: hubert.maisonneuve@unige.ch*

**Background and Aim:** Nocturnal Leg Cramps (NLC) are affecting almost one in two person over 60. Those spontaneous painful muscular contractions, unrelated to physical exertion, are responsible of an alteration of life quality. If some medical conditions or pathologies are linked to NLC, most of the factors are unknown. Our study is aiming to determine the link between sedentary lifestyle and NLC.

**Method:** Case-control study including patients over 60 consulting their Family Doctor. Matching was made on age, sex, medical history and medications known to trigger cramps. The level of physical activity was assessed using the Dijon Physical Activity Score. Statistical analysis was made under Bayesian paradigm.

**Results:** We recruited and matched 2 groups of 138 patients, with 11,2% of sedentary persons and 59% of active to very active ones. We observed a statistical link between NLC and sedentary lifestyle (OR=2,35, IC95% [0,162 ; 1,077], probability=96,3%).

**Conclusion:** The Dijon Physical Activity Score seems to be an easy and valuable way to evaluate the activity of elderly in Family medicine and detect people at risk for NLC. A case-control study do not allow us to bring a causality link between NLC and sedentary lifestyle, a cohort study should complete our promising results. Considering the lack of effective and safe treatments, the promotion of physical activity should be the first option to offer to concerned patients.