

### **PS1.043**

#### **Prevalence of nocturnal leg cramps in the overall population**

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**Background & Aim:** Knowing the prevalence and possible causes of night cramps in the population, since in many cases the cause is unknown to this study we found some possibilities that can cause cramps in the legs and take appropriate measures to decrease its frequency paragraph and improve the quality of sleep.

Secondarily know the clinical characteristics of cramps, sociodemographic parameters affect the quality of sleep, family history and comorbidity

**Method:** Observational descriptive cross- sectional study.

Involved 96 patients randomly selected with replacement of both sexes and over 17 years of a rural population of 3500 inhabitants who have submitted cramps in the last year.

**Results:** 41 patients 44.71 % claim to have presented nocturnal leg cramps sometime in their life, 31 (32.29 %) in the last year.

The 54.84 % are women and the average age is 58 years. Appearing occasionally 54.83 %, followed by " 1 time a week " and " 2-3 times a month."

The average intensity is 7.6 / 10 with a duration of 95.32 seconds. Predominantly affect both legs 35.48% and leave no residual pain 45.16 %, secondary sleep disorders 16.13 %. They did not present more of a cramp of legs on the same night 25.81%. in 67.4 % disappears with stretching and / or massages.

Comorbidity associated with more frequent night cramps was Diabetes mellitus 19.35%, followed by chronic venous insufficiency, thyroid disease and radiculopathy. Consumed drugs related to the presence of cramps in our study are: statins 32.25%, followed by calcium antagonists and IECA's 25.8 % both.

**Conclusions:** Cramps in the legs predominantly middle-aged women may be related to polypharmacy, usually without evident electrolyte disorders and more often associated with diabetes mellitus, chronic venous insufficiency and thyroid disease.