

MEDIA RELEASE**2 September 2008****August edition of *Australian Prescriber* includes articles on:**

- Under treatment of rural people with heart disease
- Restless legs syndrome
- Preventing foot ulcers
- Medical mishap
- Subsidised medicines for Aboriginal and Torres Strait Islander people

We must do better with rural heart disease

Death rates for heart disease are higher in country areas than in cities, and this could be caused by under prescribing of drugs for heart disease.

An editorial in the August edition of *Australian Prescriber* cites the lack of doctors as one of the causes. Rural people see their GPs less and have less access to specialists, writes Professor Dawn DeWitt, head of the School of Rural Health in Shepparton, Victoria.

Restless legs syndrome

Restless legs syndrome is a common condition which usually affects people at night and disturbs their sleep. It causes a number of unpleasant limb sensations, writes Associate Professor Dominic Thyagarajan in the August issue of *Australian Prescriber*.

'Although some people have severe symptoms, most people do not require treatment with medicines', says Professor Thyagarajan.

Over 90% of people with restless legs syndrome have trouble sleeping, and the author suggests some tips to help this.

For the full articles see www.australianprescriber.com

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