



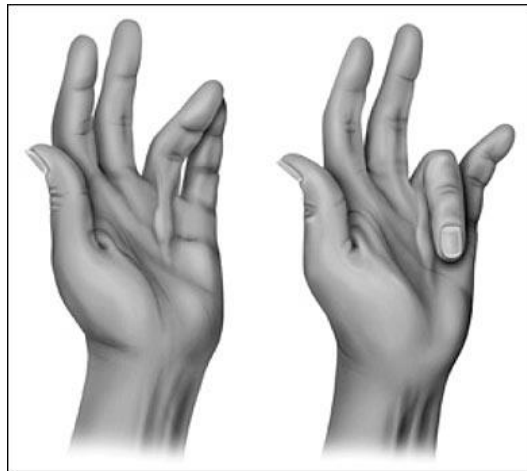
Dupuytren's Contracture

What is Dupuytren's?

Dupuytren's is thickening and scarring of skin (fascia) of the palmar hand. It causes a small, hard bump in the palm, and can cause the finger to pull some of your fingers toward your palm (causing a contracture). The disease usually affects your ring or little fingers. It can happen on both hands. It tends to occur in men > 40 years old, especially of Northern European descent. It is often not painful but can cause disruption with normal activities of daily living.

What causes it?

Occasionally, there is a genetic component, but many times we may not know the cause. Some people with certain conditions (smoking, alcohol, diabetes, epilepsy, repetitive vibration, etc.) are at an increased risk of developing Dupuytren's.



How is it treated?

A few techniques are used to treat Dupuytren's but there's no cure and often some recurrence.

Some treatments include:

- splinting or therapy
- cortisone injection
- needle aponeurotomy – attempt to break down scar tissue using a needle
- Xiaflex collagenase injection – \$\$\$
- surgical release or “fasciectomy”

How can I prevent it?

There is no way to prevent the disease. Quitting smoking, drinking less alcohol, and controlling diabetes might stop it from getting worse.