

**Cycle 1 – Hand and Wrist
2103 – Dupuytren’s Contracture
SCRIPT**

(1)

NEIL HARNESS, MD:

If you have a lump or bump in the palm, most commonly in line with the ring finger, it could be Dupuytren's disease. And this is a fibrous tissue or scar tissue formation in the palm. It's not cancerous. Eventually, it can cause slow contracture of the fingers, meaning the fingers start to curl into the palm. They eventually get to the point where you cannot flatten the hand.

(2)

BRETT PETERSON, MD:

It's a pretty common condition, people of northern European descent. Women and men can both get it, but it's much more common for men to manifest the condition and have it progress.

(3)

SARAH LEWIS, MD:

When people do come in is when the disease progresses and it starts limiting their function. So the biggest thing is to be able to put your hands flat on the table, it's a tabletop test. Put your hands flat down. If they can't be placed flat on the table, then you need to come in and see somebody.

(4)

NEIL HARNESS, MD:

Dupuytren's disease can be treated a number of different ways. Traditionally, it's treated with open surgical excision of the tissue. There are a couple other ways that are more minimally invasive. These include a chemical injection that can locally dissolve the tissue, or even a small needle technique that is used to divide the tissue and break it apart.

(5)

BRETT PETERSON, MD:

The difficulty with Dupuytren's is no matter what treatment you do, you can have a recurrence of the condition, even with surgery or the enzyme or the minimally invasive techniques.

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SARAH LEWIS, MD:

There aren't these permanent, 100% solutions to this, but the goal is to prevent it from becoming so bad that you can't use your hands in a normal function.

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