

## Dupuytren's Disease

The disease was named after the surgeon baron Dupuytren' who was the first to operate on the condition in 1831.

It can start with lumps or pits in the hand palm (sometimes lumps on the fingers), and tends to slowly progress to forming cords that then start to contract, pulling the fingers into the palm.

Treatment can consist of



- Massage, gentle stretching or splinting and monitor as it does not always progress.
- Radiotherapy in early active stages to try slow the progression.
- Needle release to free the contracture (PNF or NA).
- Injections of Xiapex (collagenase) into the cord, and breaking the cord a few days later.
- Open surgery to remove the cord, in severe cases plus skin graft if the surgeons decides this is needed.

## Ledderhose Disease

Named after the surgeon who first described it, sometimes called Dupuytren of the foot or Plantar Fibromatosis. Patients get nodules, usually under the inside part of the foot arch, that can be quite painful. Contractures are not normally seen.



Treatment can be

- Supportive shoes if there is no pain.
- Insoles or orthotics.
- Radiotherapy.
- Surgery (but recurrence is high).

## Peyronie's Disease

Named after the first surgeon to describe it, Peyronie's disease affects men only. It is a condition where a plaque of scar like tissue forms in the penis, causing pain, sometimes deformity and a curve during erection and functional problems.

Treatment can be

- in mild cases monitor only
- traction devices can be helpful for

straightening

- Injections and creams are sometimes used
- Surgery is indicated in severe cases

## Frozen Shoulder

People affected by one of the conditions here described at at higher risk of developing others, including Frozen Shoulder.

This is a very painful condition where the shoulder joint seizes up, without any trauma at the beginning of the problem.

Treatment consists of

- exercises and physiotherapy
- steroid injection can reduce the pain and inflammation
- manipulation under anaesthetic is needed for some cases.

## Our charity

We are always looking for volunteers, people who can help with web design and maintenance, fundraising, moderating our Facebook pages or attending meetings and liaising with doctors and therapists. There are many ways somebody might be able to help, so if you think you could contribute to our charity please do get in touch via the website or social media.





## British Dupuytren's Society



Since the BDS was founded we have become involved in work with NICE on appraising collagenase injections and radiotherapy for Dupuytren's disease.

We have designed and maintained a website that aims to have up to date information on research and treatment for Dupuytren, Ledderhose, Peyronie's and some on Frozen Shoulder.

We have presented a lecture at the 2015 Groningen International Dupuytren Conference and written a chapter in the book of proceedings.

We have a list of treatments and availability in the UK, which can be accessed on our website.

We have expert doctor trustees for each condition, and more on our advisory board.



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Founded in 2011.

Our aims are to increase awareness of Dupuytren's Disease and the related conditions Ledderhose, Peyronie's and Frozen Shoulder, to provide support to patients via social media and email contact and to ensure all possible treatment options are available to patients. We also aim to stimulate research into the causes and treatments of the conditions.

We can be contacted via our website, <http://dupuytren-society.org.uk/>, via a message on our open Facebook page <https://www.facebook.com/britdupsoc/> or on our closed Facebook group Dupuytren's Ledderhose And Related Conditions Support. Email addresses for contacting our patient trustees can be found on the website, on our 'contact us' page.

We also have a Twitter presence, @Dupuytren's.