

Mayo Clinic Minute: Treatment options for Dupuytren's contracture

Dupuytren's (DOO-puh-trenz) contracture is a disorder that can cause the fingers to curl in, primarily the ring and small fingers.

It's a genetic condition mostly affecting men over 60 of Northern European descent. Others at risk include those with diabetes and those with a family history of the condition.

[Dr. Shelley Noland](#), a Mayo Clinic hand and peripheral nerve surgeon, says there is help for patients who suffer from Dupuytren's disease.

Video	Audio
Shelley Noland, M.D. Plastic Surgery Mayo Clinic	"What happens in Dupuytren's disease is the layer of fascia that is underneath the skin in the palm gets thickened and contracted."
	That can make your fingers curl in. It's not painful, but ...
	"... it can cause significant functional limitations because the patients are unable to fully straighten out their fingers."
	Patients with advanced Dupuytren's will need an intervention to relieve the contracture. There are several treatment options. An enzyme injection is a newer, less invasive treatment.
	"It actually dissolves the thickened palmar cords and fascia allowing the fingers to straighten."
	So, how do you know if you need to see a specialist for your condition? Here's a tabletop test.
	"One of the things that you can look for if you do have Dupuytren's disease is lay your hand flat on the table. If you're able to lay it flat, then you probably will not require any intervention. But if you're unable to lay it flat because of the contractures in the fingers, then you would want to seek care with a hand surgeon specializing in Dupuytren's disease."
	For the Mayo Clinic News Network, I'm Joel Streed.

