

# Early Dupuytren's Contracture: Superficial Radiotherapy offers long-term resolution without the need for hand surgery

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## OBJECTIVES

First independent audit to show that giving Superficial Radiotherapy (100kV Photons) is effective. The majority of patients (>90%) were satisfied with the result of treatment and did not require subsequent hand surgery.

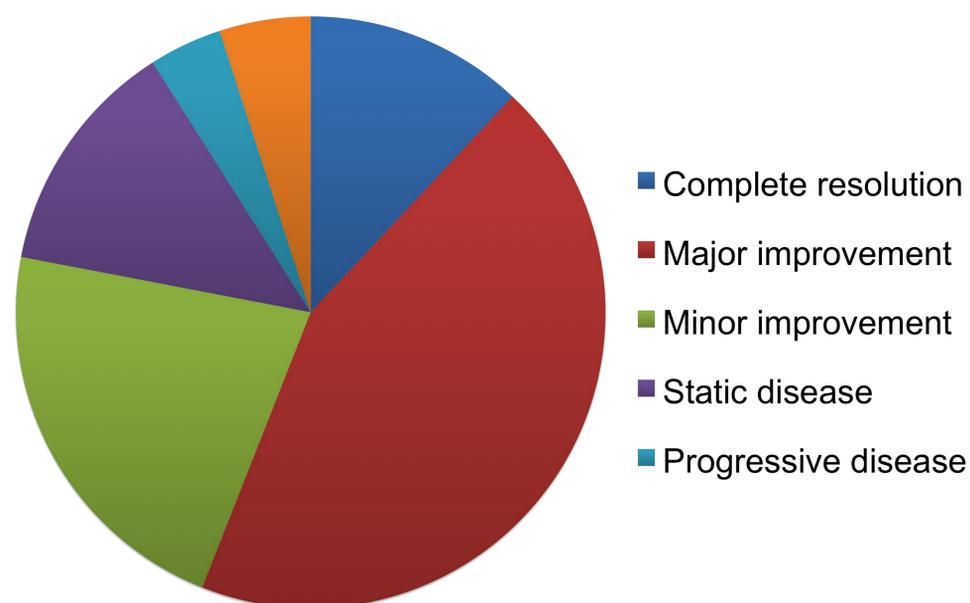
## METHODS

During the period 2010-2015, over 150 patients were treated by one radiotherapist using the European protocol of 10 treatments given over a 2-3 month period (5 fractions given over 1-2 weeks followed by a 2 month gap and then, the 5 treatments repeated. Total applied dose of 30Gy). Each patient's disease was photographed before and after treatment, the palpable disease having been marked on the hands in order to clearly show benefit achieved.

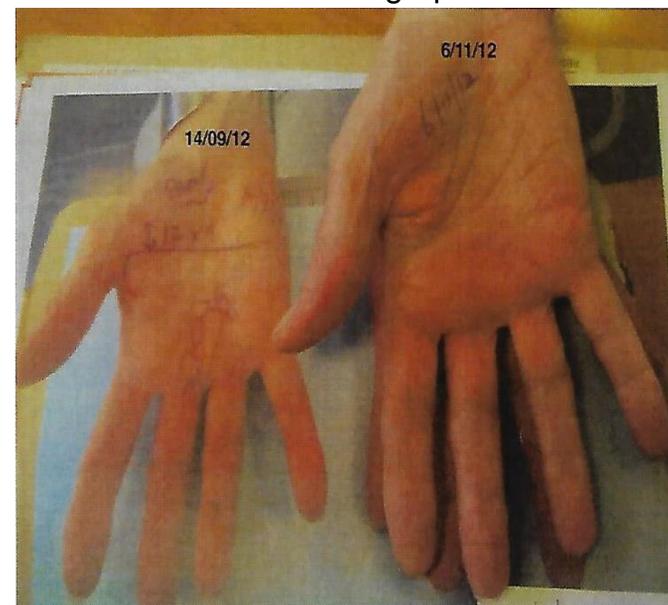
## RESULTS

An independent audit of a detailed questionnaire sent to patients showed 91% were satisfied with the result up to 4 years post treatment. Satisfaction composed of regression of disease in hands and/or no progression of disease.

A total of 196 hands were treated; complete resolution was reported in 12% of patients, major improvement was reported in 44%, 22% reported a minor improvement, 12% reported static disease. Progressive disease was reported in 4% and insufficient outcome data was reported in 5%.



Before and After Photograph



## CONCLUSION

Superficial Radiotherapy is a highly effective and inexpensive treatment of Dupuytren's, provided that patients are referred during the early stages of the disease. Patients are able to continue with normal use of their hands throughout the treatment, so their daily lives are not altered. General Practitioners, Hand Surgeons and affected patients should be made aware of the good results achieved by Radiotherapy, without significant morbidity.

## REFERENCES

Internal Audit, Glees, J.P. & Mackay, J. 2012 Cancer Centre London.

Seegenschmiedt, M.H. Radiotherapy for Non-Malignant Disorders. Textbook. Springer-Verlag 2008.