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## **Patient Information**

### **Treatment of Dupuytren's Contracture**

**This service is led by Dr. John Glees, Consultant Clinical Oncologist. Dr. Glees is the pioneering leading UK specialist in low dose radiotherapy for benign disease.**

**What are the symptoms of Dupuytren’s contracture?**

Painful nodules and possibly contracture of the fingers, leading to “claw hand” (the late stages of the disease) and cords palpable in the palm of the hand. Painful nodules can also arise at the base of the fingers and sometimes in the fingers themselves. They are occasionally seen in the knuckle pads (Garrod’s pads)

**Who is most likely to be affected?**

This usually affects males and females as their age rises, with up to 1 in 5 having the disease at age 75. It is more common in patients who have a family history of the condition.

**Am I suitable for radiotherapy treatment?**

With the hands in prayer position when the fingers are curling less than 10 degrees are suitable. However, patients with deviations of more than 10 degrees are occasionally treated to stop the progression of the disease. Dr. John Glees will make this assessment when you are first seen.

**Are there any do’s and don’ts after treatment?**

None

**Will I become radioactive?**

No.

**Can I shake hands with people after the treatment?**

Yes.

**If I have the condition in my feet can they be treated? (Ledderhose disease)**

Yes.

**What is the treatment success rate?**

One year after treatment nearly 95% of patients have either not seen the disease progress, or have shown improvement. At 13 years the corresponding figure is still around 70% (CCL Dupuytren’s published audit, Glees et al, 2016).

**Can surgery be undertaken in the event of failure of the radiotherapy?**

Yes.

**What can I do if my GP will not refer me for radiotherapy?**

Please refer your GP to the relevant NICE guidelines, which approved radiotherapy treatment for Dupuytren’s Contracture in November 2010 and again in December 2016. Patients can also self refer to Dr. John Glees.

## Consultation and Treatment Planning

The first consultation and planning session lasts about 45 minutes in total. If you are suitable for treatment, planning is usually done immediately after the consultation. The planning process involves marking the area to be treated e.g. palms of hands, acquiring tracings and taking photographs.

**How many treatment sessions will I need and over what period of time?**

Normally 5 treatments to start with. These can be given either daily or on alternate weekdays over a two-week period (phase 1). After an eight week gap this treatment is then usually repeated (phase2) . In total 10 treatments are the standard treatment to be given over 2-3 month period.

**What is the duration of each radiotherapy treatment?**

Two to three minutes, with up to ten minutes set up time. The X-Ray unit is a superficial unit, specifically designed to treat benign conditions. An electron beam may also be used if required.

**What does the treatment cost?**

For self paying patients the treatment costs £1700 per palm or foot treated. This package price includes all consultation fees, planning and treatment costs. The consultation fee remains the same if more than one site is treated during the same course of treatment, with the price for treatment of two hands being £2900. Any additional areas other than the palm or foot to be treated like knuckle pads etc. will be charged separately.

**Will my insurance company pay for this?**

Some major health insurers have proven to be willing to pay for consultation and treatment, but you must contact your insurance company in advance to confirm this.

**If you would like more information or to book a consultation with Dr. John Glees, please call:**

**020 8247 3351 / 020 8247 3379**

**or email [info@cancercentrelondon.co.uk](mailto:info@cancercentrelondon.co.uk)**