



PATIENT EDUCATION

Dupuytren's contracture & DEEP-SRT™

A plain-language guide for patients and families. Bring this to your visit. It does not replace advice from your clinician.

What is Dupuytren's contracture?

Dupuytren's contracture is a progressive condition in which tissue under the skin of the palm thickens into nodules and cords. Over time those cords can pull one or more fingers toward the palm. It is not cancer. Early on, the hand may only show firm bumps or cords; later, fingers can become harder to straighten and everyday tasks (shaking hands, putting on gloves, reaching into a pocket) get harder.

What you may notice

- Firm nodules or cords in the palm (often ring or little finger side)
- Fingers that gradually bend toward the palm and will not fully straighten
- Trouble with grip, handshake, or putting the hand flat on a table
- Similar changes in the other hand, or related nodules on the sole of the foot (Ledderhose)

Usual care options

Care depends on how far the cords have progressed. Observation, needle or enzyme procedures, and surgery (fasciectomy) are common options when fingers are already contracted. **Radiation is most useful early** — when nodules or cords are present but significant fixed contracture has not yet developed — to help slow or halt progression and preserve hand function.

Where CureRays may fit. For selected patients with early Dupuytren's, CureRays offers **DEEP-SRT™** (Depth-Enabled, Epidermis-Protecting Superficial Radiation Therapy) aimed at the nodules and cords while protecting the skin surface. Ultrasound mapping helps the team cover the diseased area. Your radiation + medicine team decides if timing and stage are right for you.

What treatment usually involves

- Consultation and exam (and often ultrasound mapping of the palm and cords)
- A short series of outpatient sessions — each visit is typically brief and painless
- Careful positioning so the beam stays on the diseased tissue
- No cutting, no anesthesia, and usually no downtime — you go home the same day
- Continued hand care and follow-up to watch for progression

Why treat early

Once fingers are firmly contracted, radiation alone is less likely to straighten them; procedures or surgery may still be needed. Treating early aims to **slow progression and protect function** so you may avoid or delay more invasive care. Individual courses vary — ask what is realistic for your stage.



Side effects you should know about

Low-dose superficial radiation for early Dupuytren's is generally well tolerated. Plan for the following:

- **Skin.** Temporary redness, dryness, or a sunburn-like reaction over the treated palm is the most common effect and usually fades after the course.
- **Fatigue.** Mild tiredness can occur; rest and hydration usually help.
- **Hand comfort.** Temporary tenderness or warmth in the palm can occur; use the comfort plan your clinic gives you.
- **Rare / serious.** Fever, rapidly worsening swelling, or unexpected skin breakdown need prompt contact with the clinic — these are not typical.

What research and guidelines suggest

Low-dose radiation has been used for early Dupuytren's for decades in European practice, with the goal of slowing progression when nodules and cords are still soft. High-quality comparative trials are limited; your clinician will explain expected benefit for **your** stage, not a guaranteed success rate. CureRays uses image-guided DEEP-SRT™ and extremity ultrasound mapping so diseased areas are not missed.

What this means for you at CureRays

If your disease is early (nodules/cords with little or no fixed contracture), radiation may be one option to help protect hand function. If contracture is already advanced, other treatments may come first. CureRays will review exam findings, imaging, and goals with you before recommending a course.

Questions to ask

- Is my Dupuytren's early enough that radiation could help slow progression?
- How will you map the cords (ultrasound), and how many sessions are planned?
- What skin care should I use during and after treatment?
- If the disease still progresses later, what are my next options?

How to schedule or learn more

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Learn more: www.curerays.com/dupuytren

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