

GO & DO

# What's new in hand conditions?

EXETER — You may have seen the recent headlines in the New York Times: "Concert violinist given back use of her hands with a novel treatment for Dupuytren's disease."

"What are they talking about?" you may ask. Dupuytren's disease, also known as Dupuytren's contracture, is a condition that affects the palm of the hand and can extend into the fingers. It is essentially scar tissue whose formation causes cords or bands that flex the finger down into the palm of the hand and makes everyday use of the hand difficult. As the condition progresses, tasks such as putting your hand in your pocket or putting on gloves becomes more and more difficult, an unpleasant proposition especially during the cold New England winters.

We do not know for sure what causes Dupuytren's disease, but there is a tendency for it to run in families. It is



Roderick J. Bruno, MD

There is a strong association between Dupuytren's disease and Northern European ancestry, leading some to call it "Viking's Disease."

The condition's proper name is borrowed from the French physician, Guillaume Dupuytren, who first described the condition.

Early signs of Dupuytren's disease are nodules or lumps in the palm of the hand or occasionally on the tops of the knuckles that may or may not be painful. Pain, when present, usually resolves, but as the condition progresses, the

also more common in men, and usually appears in people over the age of 40. You may have an uncle, father, or grandfather who had "bent down fingers."



H. Matthew Quitkin, MD

If there is no loss of function of the hand, in essence no contracture, then typically the condition is monitored by your primary care provider or hand specialist.

Dupuytren's disease is usually progressive over time, and if the condition advances, that is, if contractures begin to develop, then it is important to be evaluated by a doctor who specializes in treatment of conditions of the hand. It is important to address any contractures before they become too severe and functional loss is irreversible.

finger can begin to bend down, impairing function. It typically involves the small (pinkie) and ring fingers, and less commonly the thumb side of the hand.

This is where we come to the "What's New?" part. In the past, treatment has typically involved surgery. In simple terms, the cord is removed and the finger is "released" to restore full straightening. The recovery is typically longer and individuals often need therapy afterward to regain motion and strength. However, in the past few years new treatment options have become available, particularly for less severe forms of Dupuytren's.

Needle aponeurotomy is a fancy term which means that a needle is placed under the skin and the cord is sectioned, allowing restoration of motion. This does not eliminate the cord or the skin changes, but can safely and simply restore finger function. Since there is no cut on the skin, the recovery is fairly quick and there is no need for prolonged therapy. We have used this technique, alone or in combination with a much smaller incision, to re-

store patient function to a high degree of satisfaction.

Recently the FDA approved a new drug which goes by the trade name of Xiaflex. It is a collagenase, which means that it is an enzyme that breaks up, or dissolves, collagen. Why is this important? You guessed it; the Dupuytren's cord is made of collagen. Hand specialists who receive additional training can now inject this collagenase into the cord, allowing the cord to dissolve over a period of a day or two. Like needle aponeurotomy, this method does not require an incision, there is no long rehabilitation process, and in some cases can even be done in the office. This treatment works best in the earlier stages of Dupuytren's disease.

If you have Dupuytren's disease or think you or a friend or family member may have this condition, ask your primary care provider if you should see a physician who specializes in

conditions of the hand. A hand specialist can help with the diagnosis and see if one of these new treatment options can help restore your hand function and get you back to doing the activities that you enjoy.

*Dr. Rod Bruno and Dr. Matt Quitkin direct the Hand Center at Access Sports Medicine & Orthopaedics. They are board certified in Orthopaedics and Hand Surgery. They have recently expanded the Hand Center's services, providing the most innovative and comprehensive care for patients suffering from diseases and conditions of the hand and upper extremity in Northern New England. They work in conjunction with certified hand and occupational therapists to restore function and improve the quality of life for their patients. Call 775-7575 or visit [www.accesssportsmed.com](http://www.accesssportsmed.com) for information or to make an appointment.*

## CALENDAR

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### South Berwick, Maine

**■ SUNDAYS IN THE GARDEN:** concert series will be held at 4 p.m. Sundays in July. The series concludes with the Maine Squeeze Accordion Ensemble on July 25 in the garden at Hamilton House, located on Vaughan's Lane, a mile off Route 236 in South Berwick, Maine. Admission is free for members, \$8 adults, \$7 for seniors and \$4 for children over 12. Information: (207) 384-2454, [www.historicnewengland.org](http://www.historicnewengland.org).

### MONDAY, JULY 26

#### Portsmouth

**■ EATING RIGHT — GET THE MOST OUT OF YOUR MEALS!** A six-week series offering cooking tips and techniques, and a bag of free groceries each week with recipe ingredients to duplicate meals at home. Lessons feature hands-on learning and include group discussion with instructors. Learn how to budget, stretch your food dollars and maximize your resources. Class meets on Monday, July 26, from 11:30 a.m. to 1:30 p.m. at Cross Roads House, 600 Lafayette Road, Portsmouth. Free to qualifying individuals. To register, call Laura Calhoun at 436-2218. This series is offered through UNH Cooperative Extension Nutrition Connections, Operation Frontline, and the NH Food Bank. For more information, please check online at <http://extension.unh.edu/Countries/Rockingham/Docs/EatRightP.pdf>.

#### Eliot, Maine

**■ US SPORTS INSTITUTE:** Multi-Sport Camp dedicated to children of all sporting abilities, will be held July 26-30 at Frost Tufts Park, Eliot, Maine. For children ages 5-7 it will be held from 9 a.m. to 1 p.m. and for ages 7-14 from 9 a.m. to 3 p.m. For pricing information or to register, contact the Eliot Community Service Department at (207) 439-6892 or [www.eliotcsd.org](http://www.eliotcsd.org).

### US SPORTS INSTITUTE:

Sports Squirts program introduces children ages 3-5 to a variety of sports, such as soccer, T-ball, basketball, lacrosse and hockey. All activities promote hand-eye coordination, movement and balance, and fun. This camp will be held from 3 to 4:30 p.m. July 26-30 at Frost Tufts Park, Eliot, Maine. For pricing information or to register, call (207) 439-6892 or [www.eliotcsd.org](http://www.eliotcsd.org).

### TUESDAY, JULY 27

#### Rye

**■ RYE PUBLIC LIBRARY:** welcomes back Wildlife Encounters Zoo at 6 p.m. Tuesday, July 27 at the Rye Junior High School gym. They will be bringing their large reptiles to a special show as part of this year's Youth Summer Reading Program. This program has been generously sponsored by the Friends of the Rye Public Library. Contact Lisa Houde at 964-8401 or [lhoud@ryepubliclibrary.org](mailto:lhoud@ryepubliclibrary.org) for more information.

### THURSDAY, JULY 29

#### Rye

**■ MUSIC BY THE SEA:** concert series begins at 6 p.m. Thursday, July 29 at the Seacoast Science Center, 570 Ocean Blvd., Rye. Jumbo Circus Peanuts will close the series. Gates open at 5 p.m. for dining. Tickets are \$8 adults and \$2 for children ages 3-12. Tickets may be purchased in advance at the Center or online at [seacoastsciencecenter.org/events](http://seacoastsciencecenter.org/events). Members tickets are half-price. 436-8043.

#### Kittery, Maine

**■ KITTERY RECREATION LOBSTER LUNCHEON:** for the first 120 Kittery seniors who register and pay will be held at 11:45 a.m. Thursday, July 29, at the Kittery Community Center. The cost is \$15. Thanks to the generosity of the following businesses this event is being offered at a reduced fee: Island Seafood; Seaview Lobster Company; Chrissy D. Lobster Company; Greenhead

Lobster LCC; Taylor Lobster Company; and Weathervane Seafoods. You will receive a lobster, cup of chowder, potato salad, roll, corn on the cob, chips, strawberry shortcake and a beverage. Chicken is available in place of lobster. Please tell us when you register if you want chicken or lobster. Please pick up a ticket when you register. No take-outs. Register: Kittery Recreation Department, 2 Cole St., Kittery, Me., (207) 439-3800.

### SATURDAY, JULY 31

#### New Castle

**■ THE VISITOR CENTER AT FORT STARK STATE PARK:** in New Castle will be open for visitors every Saturday to Sept. 4 from noon to 4 p.m. There are military artifacts and information about the 22nd Coastal Artillery which was headquartered at Fort Stark during World War II. The area also has a walking trail with an information guide. There are no restrooms and limited parking.

#### Greenland

**■ GOAT ISLAND GEO-CACHE ADVENTURE:** from 3 to 7 p.m. Saturday, July 31 at the Great Bay Discovery Center, in Greenland. Join us on a paddle to Goat Island in Little Bay, once the site of the Piscataqua Bridge Hotel (1827) and home of the legendary hermit of Goat Island, John Murtaugh. To register or for information, call 778-0015.

#### Rye

**■ ABENDMUSIK FINE ARTS CONCERT SERIES:** will be held at 7:30 p.m. Saturday, July 31 at Rye Congregational Church, 580 Washington Road. Featuring the Mark Bacon Brass Quintet with Barbara Flocco, accompanist. Tickets are \$12 in advance and \$15 at the door and on sale at the church office and Sundays after church. Information: 964-4061, 436-0079.

#### York, Maine

**■ THE FIRST TEE TARGET PROGRAM:** for children ages

5 to 7 will be held from 3 to 4 p.m. Saturdays, July 31-Aug. 14 at the Ledges Golf Course, York. The program provides children the opportunity to learn the skills of golf while also gaining the appropriate skills necessary to conduct oneself appropriately on the course. For pricing information or to register, contact the Eliot Community Service Department at (207) 439-6892 or [www.eliotcsd.org](http://www.eliotcsd.org).

### MONDAY, AUG. 2

#### Cape Neddick, Maine

**■ THE YOUTH ENRICHMENT CENTER:** at The Hilton-Winn Farm located at 189 Oguncut Road in Cape Neddick, Maine is offering Summer Fun Programs at the farm. Ages 4-12 are welcome. Nature-based environmental programs. Explore, learn and have fun! Summer Fun Programs are offered for children on the Autism Spectrum from Aug. 2-5. Please call Nancy Breen at (207) 361-1398 for questions or e-mail [nbreen@hilton-winnfarm.org](mailto:nbreen@hilton-winnfarm.org) or [www.hilton-winnfarm.org](http://www.hilton-winnfarm.org) for further details.

#### Eliot, Maine

**■ SEACOAST UNITED SOCCER CLUB:** will hold a week-long soccer camp for boys and girls ages 5-14, Aug. 2-6 at Murray-Rowe field in Eliot, from 9 a.m. to noon. Participants should bring shin guards and a drink each day. A ball is included in the fee. To register or for pricing information, contact the Eliot Community Service Department at (207) 439-6892 or [www.eliotcsd.org](http://www.eliotcsd.org).

**■ SEACOAST UNITED LITTLE NIPPERS CAMP:** will be held for boys and girls ages 3-4, Aug. 2-6 at Murray-Rowe field in Eliot from 9 to 10 a.m. Participants should bring a ball, shin guards and a drink each day. To register or for pricing information, contact the Eliot Community Service Department at (207) 439-6892 or [www.eliotcsd.org](http://www.eliotcsd.org).

### WEDNESDAY, AUG. 4

#### Stratham

**■ STRATHAM 2010 SUMMER CONCERT SERIES:** will be held at Stratham Hill Park. Aug. 4: The BaHa Brothers band will perform at 6 p.m. Open to the public. Donations are encouraged. A food concession will be available at the park.

### FRIDAY, AUG. 6

#### Greenland

**■ A SENIOR MOMENT:** from 8 a.m. to noon Friday, Aug. 6 at the Great Bay Discovery Center in Greenland. Join our most leisurely paddle on the estuary, intended to ease you in and out of your kayaks. To register or for information, call 778-0015.

### SATURDAY, AUG. 7

#### Eliot, Maine

**■ ELIOT'S BICENTENNIAL BALL:** will be held from 7 to 11 p.m. Saturday, Aug. 7 at the Regatta Room in Eliot Commons. Hearty hors d'oeuvres will be served, and there will be a cash bar. Attendees should wear their dress party clothes or period outfits and plan to enjoy dancing the evening away. The cost of admission is \$20 and tickets, which will be sold in advance only, can be purchased at Eliot Meat Market in the center of Eliot or by calling 748-0040, 748-0889, 748-3125 or any Eliot Historical Society member.

**■ CELEBRATE MAINE FESTIVAL FEATURING THE MAINLY GRILLIN' & CHILLIN' BBQ COMPETITION:** from 9 a.m. Saturday, Aug. 7 to 7 p.m. Sunday, Aug. 8 at 2077 State Road in Eliot, Maine. Directions: Located 1/4 off of Route 236 on Rt. 103 (State Road) in Eliot, Maine only 5 miles from I-95 and the Kittery Outlet Malls. (207) 748-3303. Artist/event website [www.celebratemaifestival.com](http://www.celebratemaifestival.com). Cost \$5 per person, children 12 and under, free. The 5th year brings lots of fun for the family with the popular children's area with free rock climbing wall, horse-drawn wagon rides and craft table, live continuous entertainment, artisans, green expo and marketplace, bouncy house, Raitt farm barrel tractor rides, BBQ competition (last year's winner went on to win the Jack Daniels World Championship), delicious BBQ, Shipyard Brew Garden, and more.

#### York, Maine

**■ AMERICAN LEGION POST 56:** annual raffle will be drawn on Aug. 7 at Post 56. First Prize: 2010 Harley-Davidson Wide Glide FXDWG. Second Prize: 2010 Buddy 50 Scooter. Third Prize: 20 lobsters. Only 600 tickets to be sold at \$50 each. All proceeds from the raffle will go to support our veterans at home as well as overseas and their families. Information: (207) 361-3018.

### TUESDAY, AUG. 10

#### Portsmouth

**■ THE 3RD ANNUAL GREAT BAY STEWARDS FUND-RAISER:** will be held from 4 to 9 p.m. Tuesday, Aug. 10 at Flatbread Pizza, 138 Congress St., Portsmouth. During the fund-raiser, a portion of the purchase price of every large and small pizza will go to the Great Bay Stewards. These monies will help fund scholarships, research grants, educational programs, facilities improvements at the Great Bay Discovery Center, and land protection and preservation efforts around Great Bay. Take-out available. In addition there will be a raffle for a basket overflowing with locally-produced foods and products. Tickets for the raffle will be sold at the Flatbread restaurant during the fund-raiser, and the winner will be chosen at the end of the evening. You do not have to be present at the drawing to win. 438-7888.

### WEDNESDAY, AUG. 11

#### Dover

**■ ANNUAL TEDDY BEAR CLINIC:** 10 a.m. to noon, and Tea Party from noon to 12:30 p.m., Wednesday, Aug. 11 at the Children's Museum of New Hampshire, 6 Washington St., Dover. Children are invited to bring their favorite stuffed pal for a health checkup with volunteer health professionals, followed by a tea party with healthy snacks. Adults and children \$8, seniors \$7, and children under 1, free. Call 742-2002.

### THURSDAY, AUG. 12

#### Portsmouth

**■ JONNY LANG:** Award-winning blues guitarist/singer from Fargo, N.D., makes his Music Hall debut touring behind his latest CD, "Live at the Ryman," an electrifying live performance taped at the historic Ryman Auditorium in Nashville, Tenn. (former home of the Grand Ole Opry), at 7:30 p.m. Thursday, Aug. 12. Tickets are \$62, \$49 and may be purchased at the Music Hall, 28 Chestnut St., 436-2400, or [www.themusichall.org](http://www.themusichall.org).

### FRIDAY, AUG. 13

#### Greenland

**■ KAYAKING FOR COUPLES:** from 2 to 7 p.m. Friday, Aug. 13 at the Great Bay Discovery Center in Greenland. Enjoy a paddle with your partner as we explore the marshes and open waters of the estuary. A special dinner will follow the kayak trip featuring lobster rolls, salads, desserts and local beverages from around the Seacoast. Members \$80 per couple; non-members \$100. To register or for information, call 778-0015.

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