

## MY WIFE DEVELOPS DUPUYTREN'S AND LEDDERHOSE

In my last article, I discussed returning to Hamburg for RT on my second hand, the right hand, in September 2013 And January 2014. What I did not mention, is that in January 2014 my wife was also treated for Dupuytren's at the same time, in her right hand.

Professor Seegenschmiedt told me that it was the first time that he had ever treated a husband and wife. In fact, he had never treated both people in a couple, even at separate times. This was good to hear, as even though I KNOW it is not contagious, I couldn't help but wonder for a moment.

Dupuytren's is more common in people of northern European descent. I am of Ukrainian, Belgium, French descent and my wife is descended from Swedish and German.

This photo of Christine's right hand was taken November 28, 2013 when she first noticed the problem. We emailed this photo, along with a description of the cords and nodules, to the professor and he agreed that he should examine her when I returned to Hamburg for my second treatment in January 2014.



When Professor Seegenschmiedt examined Chris, he agreed that she needed treatment and he also found early indications of Ledderhose in both of her feet which he advised her to keep an eye on.

By this time, we had become very comfortable with staying in Hamburg and travelling around the city by train, so we decided to find a different place to stay, a little further away. So for our stay in January 2014, we chose Sternhauser Service Appartements, <http://www.sternhaus.de/> just a few train stops away in Norderstedt. **Address:** Grasweg 1, 22846 Norderstedt **Phone:** +49 40 5223000

These apartments are designed for short-term executive accommodation and made our stay much more comfortable, and were a bargain at less than half the price we had been paying at the Marriott. They are fully furnished with a kitchen and a sauna in the building. They are located within a nice neighbourhood with a variety of shops and restaurants and just a 2 minute walk from the train station. They have a minimum stay of one week and are usually full, so it is normally necessary to book several months in advance. We had scouted this out on our last trip in September, during my 1<sup>st</sup> RT series on my right hand, and they had one unit free for a week so we booked it then.



Our routine this time was pretty similar to our past trips; catching the train to the clinic each morning (closest stop is Langenhorn Nord) then roaming around the city by train or foot the rest of the day.

So for five days, we went to the clinic together to each receive radiation treatment. Our stay in Hamburg, along with photos and details of our accommodation and restaurants, etc., are all detailed in my previous article about my return to Hamburg for treatment of my right hand.

Three months later, Christine returned to Hamburg alone for her second series of treatments on her right hand, AND, her first one week series for treatment of Ledderhose in BOTH of her feet.

By Feb. 22, Chris noticed the Ledderhose in both feet already becoming more pronounced and

FIGURES IN PARENTHESES FOR DESCRIPTIONS: SOME NUMBNESS

#0 = TOMATO  
#2 = GRAPE  
#5 = MARBLE

R M L

Summary of Symptoms & Observations:

( 0 = "stable" / ↑ "increased" / ↓ "decreased" by % ... percent)			
No. of Nodules	4 ↑ 100%	Size of Nodules	↑ 50%
No. of Cords	0	Length of Cords	0
Symptoms	PAINFUL WHEN PRESSED	Function / Gait	HURTS TO WALK
Overall Result: 2 NEW NODULES, 1 NEW CORD, OLDER NODULE PROTRUDES MORE AND IS PAINFUL.			

( 0 = "stable" / ↑ "increased" / ↓ "decreased" by % ... percent)			
No. of Nodules	0	Size of Nodules	0
No. of Cords	↑ 50%	Length of Cords	0
Symptoms	2 TOES NUMB	Function / Gait	0
Overall Result: 1 NEW CORD, 2ND AND 3RD TOE ARE NUMB			

Date / Signature: 02/22/2015 CHRISTINE MIRKA



uncomfortable. Chris emailed the professor with these photos, taken on Feb. 22, 2015, and descriptions and a very detailed report, and he agreed to consider treating her for Ledderhose at the same time as her second series of Dupuytren's treatments, scheduled for April, 2015. As she was on her own for this trip, she stayed this time in the Mein Hotel, next door to the Courtyard Marriott Airport Hotel, a less expensive option with rooms suitable for a single person. <http://www.meinhotelinhamburg.de/>  
Adresse: Langenhorner Chaussee 99, 22415 Hamburg Telefon:040 53169400.

When the professor saw her in April, he agreed that the Ledderhose was definitely progressing and he arranged her first series of RT for both of her feet to be done at the same time as her second series for Dupuytren's on her right hand, all on that week. The radiation treatment for Ledderhose is of the same strength and done on the same schedule (five days followed by five more days three months later) as for Dupuytren's.

Christine's second series for the Ledderhose RT was scheduled 3 months later for July 6 – 10, 2015. Unfortunately, Sternhauser did not have any apartments available, so we stayed at Hotel Friesenhof <http://www.hotel-norderstedt.de/> Address: Segeberger Chaussee 84a/b, 22850 Norderstedt, Germany Phone: +4940529920. Just 2 train stops from the Langenhorn Nord stop near the clinic, we found this small, inexpensive family-run hotel to be a very comfortable spot. We had a small suite with a kitchenette and the hotel was directly across the street from a grocery store. I would definitely recommend this hotel and there is a nice neighbourhood with shops and restaurants just a couple of blocks away.

When Chris met with Professor Seegenschmiedt to begin the second RT series, she was already having much less discomfort in her feet. In fact, the professor felt that her left foot had improved so much that it did not need a second RT series so she only received radiation in her right foot this week.

Our time in Hamburg has become pretty routine by now. We start each day with a light breakfast in our room, then walk to the train station to head down to the clinic for treatment. After that, we pick an area of the city that we haven't seen yet and head out on the train to walk around some new neighbourhoods. On this trip we discovered Arriba <http://www.arriba-erlebnisbad.de/saunadorf/> swimming pool and sauna land, just a few blocks from our hotel. We spent an afternoon there going from one sauna experience to another as well as spending time outside suntanning and using the pool. This is a great place and I highly recommend it. (Note that all of the sauna areas are adult only as all of it is co-ed and nude.)

Although we had by now become very familiar and happy with Hamburg, and friends with the professor and comfortable with the clinic and staff, we hoped this would be our last trip there.

Following this trip, I had surgery back in Canada on both of my shoulders. My left one had a bone spur and a rotator cuff problem that they were able to repair. But the right shoulder turned out to be advanced osteo-arthritis that the surgeon could not do anything for.

Many years previous, I used to take Glucosamine supplement for a back problem. It appeared to have improved that condition remarkably, so I now considered taking it again for the arthritic shoulder, although I had read a variety of anecdotal accounts pointing to a possible triggering of Dupuytren's. I emailed Professor Seegenschmiedt with my thoughts and concerns, emphasizing that I very much wanted to try this as my arthritis was quite serious and I may need a replacement shoulder otherwise. He agreed that there was some evidence linking it to Dupuytren's but no proof and that if I really wanted to try it, I should do that but I should also watch my hands VERY closely.

About six months later, on Dec. 5, 2015, a new nodule appeared in my right hand, below my ring finger, in the middle of the older nodules.

**Morbus Dupuytren – Clinical Findings**

Actual Date: 01.03.16  
Family Name: ROGER  
Surname: MIRKA  
DOB: 10.04.58  
months or years after Radiotherapy: 2-3 years

Notes & Sketch for Description:

5 = MARBLE  
1 = GRAPE

L R

**Summary of Symptoms & Observations:**

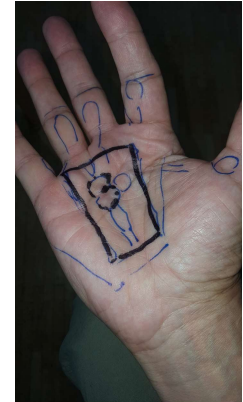
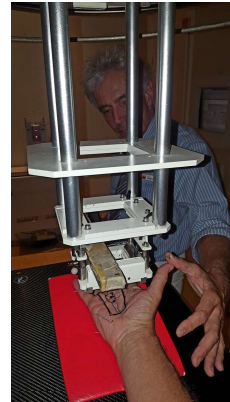
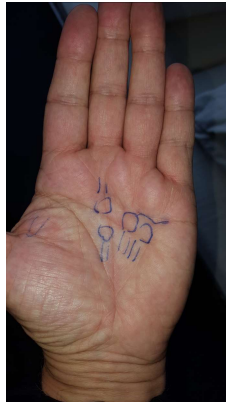
Right Hand		(0 = "stable" / + "increased" / - "decreased" by % ... percent)	
No. of Nodules	5 → +25%	Size of Nodules	↓ -10%
No. of Cords	3 → 0	Length of Cords	↓ -30%
Symptoms	↑	Function / Grip, Spreading etc.	0
Overall Result: NEW NODULE GROWING AND PAINFUL IF PUSHED			
Left Hand		(0 = "stable" / + "increased" / - "decreased" by % ... percent)	
No. of Nodules	0	Size of Nodules	↓ 10%
No. of Cords	0	Length of Cords	↓ 10%
Symptoms	0	Function / Grip, Spreading etc.	↓ 10%



It was very small and I wasn't sure at first that this really was a new nodule. I stopped taking the Glucosamine and decided to watch and wait. I photographed it every few weeks until March 1, 2016 when I contacted the professor with a report and photos.

The professor tells me that just in this past year, he has had a few people, maybe a dozen, who had new Dupuytren's nodules appear within 6 – 10 months of starting to take Glucosamine.

These three photos were taken on Monday, June 13, 2016. The Professor draws on your hand as he examines you, marking the nodules and cords that he finds. My left hand was just a follow-up and it appears the same as it did about a year after my treatment in 2010, although with much softer nodules and cords. Some of the ones originally there when treated are no longer detectable. The right hand



shows blue lines where all of the nodules and cords are, as well as a blue outline indicating the area that was treated with RT two years ago. And the heavy, black lines show the area that we are getting treated this week as well as dotted black lines around the new nodule and an older one that seems to be active again, just below it. The middle photo is the professor getting me lined up for my first treatment of the week. The technician makes notes and takes photos so that they can be certain of lining everything up correctly on the subsequent appointments. They don't need the lines after this first day so you can wash them off.

So, here I am today, sitting in my hotel room in Hamburg. It is Friday, June 17, 2016 and I have just completed a one-week RT series, the THIRD, on my right hand. The nodule continued to grow a little since March and a cord below it has gradually hardened and tightened as well. All of my previous RT sessions, and my wife's, have all been very successful so I expect that this one will be as well.

I chose a different hotel again this time, the Hotel Maromme garni <http://www.hotel-maromme.de/> located at Marommer Str. 58 22850 Norderstedt Telefon 040 5211310. It is a little more basic, but a nice, friendly family operation with a good breakfast and very reasonably priced. It is a 15 minute walk to the Garstedt train station and just 3 stops to the Langenhorn Nord station near the clinic.

It's rained very day this week and as I sit in the glassed in solarium lobby area, we have been having a massive downpour for over an hour and water has started to find its way in all around the hotel so the staff have been running back and forth with shop vacs, mops and buckets and desperately trying to stay ahead of it. So, it's coca-cola and potato chips for lunch rather than walk anywhere to find a restaurant.

Speaking of restaurants, there is a good steak house (with an English menu available) called Elrado House. It just a 10 minute walk away at Ulzburger Strase 64 [www.elrado-house.de](http://www.elrado-house.de)



In the opposite direction, also about a 10 minute walk, is Restaurant Hellas, <http://www.hellas-norderstedt.de/> a Greek restaurant. No English menu but “Lammkoteletts” was pretty easy to translate into Lamb Cutlets; and they were great!

The Garstedt train station is inside the Herold Center, <https://www.herold-center.de/> a good sized mall about 15 minutes walk away (5 minutes past Restaurant Hellas). Lots of good shopping there and quite a variety of lower budget, good food of every type imaginable from McDonalds to Asian to German.

I hope that you will find my various reports helpful in feeling more comfortable about travelling to Hamburg, more confident in the clinic here and the expertise of professor Seegenschmiedt, and in knowing that for many people, in many cases, there really is a solution to help stop this disease.

PLEASE feel free to contact me at [rogermirka1@gmail.com](mailto:rogermirka1@gmail.com) with any questions. Over the years, I have answered hundreds of emails and many of these people have travelled to Hamburg for treatment and then kept in touch with me. I have ONLY heard positive feedback from all of them; probably over 100 people by now. So I absolutely have total confidence in this treatment and in Professor Seegenschmiedt and his Hamburg clinic. I sincerely hope that I will never have to return, but, if I ever have any further Dupuytren's or Ledderhose problems, I absolutely would not hesitate to return to Hamburg for treatment.

Roger and Chris Mirka, Canada