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South Berwick, Maine

The Eliot Community Service Department will be holding a 2011 town meeting Aug. 11 at 7 p.m. at the Eliot Town Hall. The meeting will be held to transact business and to take care of any other business that the town council or other town officers may have brought up for the meeting.

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Eliot, Maine

U.S. SPORTS INSTITUTE: A Summer Camp for children ages 3-5 will be held July 11-15 at the Eliot Community Center. The camp will run from 9 a.m. to 1 p.m., Monday through Friday. Cost is $195 per week. Pre-registration is required.

Kittery, Maine

KITTERY RECREATION LOBSTER LUNCHEON: For children ages 12 and over June 25. Cost is $15 per person. Pre-registration is required.

What's new in hand conditions?

EXETER — You may have seen the recent headlines in the news about Dupuytren's contracture. Well, now it's your turn. While Dupuytren's contracture may be found in anyone of any age, research shows that women outnumber men by a significant amount when it comes to this condition. Men may also have Dupuytren's contracture, but women are far more likely to come down with the condition. The cause of Dupuytren's contracture is not fully understood, but it is known to be a condition of the hand that tends to run in families. Some people with Dupuytren's contracture may have a family history of the condition. Researchers believe that genetic factors play a role in the development of Dupuytren's contracture.

In Dupuytren's contracture, the fingers become increasingly bent and may eventually be fused into the palm of the hand. This condition is not painful. It is not life-threatening, but it can be disfiguring and interfere with activities of daily living. The condition is more common in people over the age of 40. It is more common in men than in women, and it is more common in men than in women.

Dupuytren's contracture can lead to limited finger movement. It may also cause the hands to become contracted and the fingers to become stuck in a flexed position. This can make it difficult to perform several tasks, such as writing or typing. Dupuytren's contracture can also cause the fingers to become bent in a variety of positions, such as the palm of the hand, the index finger, or the middle finger.

Early signs of Dupuytren's contracture may include:

- Difficulty lifting a weight
- Difficulty holding a object
- Difficulty opening a door
- Difficulty holding a pen or pencil
- Difficulty holding a cup or a mug

If you have any of these symptoms, you should see a doctor. A doctor can make a diagnosis of Dupuytren's contracture. The diagnosis is based on a physical examination and a review of your medical history.

Early detection and treatment of Dupuytren's contracture can help prevent the condition from getting worse. Treatment options for Dupuytren's contracture include:

- Physical therapy
- Occupational therapy
- Surgery
- Medications

Physical therapy and occupational therapy can help to maintain hand function and improve the range of motion in the affected fingers. Surgery is an option for people who have Dupuytren's contracture that is causing significant disability. Surgery may involve cutting the tendon or ligament that is causing the fingers to bend. Mediations are being developed for Dupuytren's contracture, but they are not yet available. Research is ongoing to develop new treatments for Dupuytren's contracture.

If you have Dupuytren's contracture, you should see a doctor. Your doctor can help you develop a plan for managing your condition. You should also see a doctor if you have any questions about Dupuytren's contracture.