

Transdermal Verapamil 15% Gel

Helpful Tools

for Dupuytren's Disease

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The tools in this packet will help you save money and communicate better with your doctor about your condition and improvements as you go through treatment. Click on a link below to view a section of this packet.

[Symptom checklist](#) - This checklist of common symptoms of Dupuytren's disease will help you provide specifics about your condition to your doctor.

[Questions for the doctor](#) - This tool includes questions that doctors are often asked by Dupuytren's disease patients that you may want to ask your doctor as well as space for you to write down your own questions.

[Progress report card](#) - Use this tool to track and communicate with your doctor what changes and improvements you are seeing in your condition at each office visit.

Dupuytren's Disease Symptom Checklist

Use the checklist of common symptoms below to help your doctor understand what you are experiencing and how your condition is affecting you. This will help them to decide what the best possible treatment options are for your specific case.

Left Hand

Firm lumps

How many? _____

Where is it located? _____

Cords

How many? _____

Where is it located? _____

Dermal pits

How many? _____

Where is it located? _____

Pain on a scale of 1 to 10 _____

Finger contracture

Which fingers? _____

Approximately how many degrees of contracture?

(assume fingers laying perfectly flat on a table top to be 0 degrees and contracted completely to the palm 180 degrees) _____

Right Hand

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Pain on a scale of 1 to 10 _____

Finger contracture

Which fingers? _____

Approximately how many degrees of contracture?

(assume fingers laying perfectly flat on a table top to be 0 degrees and contracted completely to the palm 180 degrees) _____

How much did the contracture interfere with your normal work, including work outside the home and housework during the past week?

Not at all A little bit Moderately Quite a bit Unable to work

How much does your contracture interfere with your life and ability to do simple tasks?

Not at all A little bit Moderately Quite a bit It completely prevents normal life

Use this area to note anything else you have noticed.

Questions for the Doctor

Most of us have visited our doctor and remembered the one question we really wanted to ask five minutes after we left. Using this tool will help make sure that you are prepared for your appointment and that you remember all of your questions.

Doctors are commonly asked the questions below about Dupuytren's disease. Check off the questions you want to be sure to ask:

- How did I get this condition?
- Are the lumps cancerous?
- Why are the lumps painful?
- Will the lumps get smaller on their own over time?
- I have lumps in my feet and/or penis as well. Are they related?
- Are there other parts of the body that the condition can affect?
- Is the condition hereditary?
- What are the different treatment options?

Use this area to write down your specific questions.

Progress Report Card

Before each visit with your doctor use this helpful tool to record the changes you have seen since your last visit. You might be surprised how quickly you can forget about symptoms as they improve. This list will help to identify improvements in areas that you may have forgotten about, or symptoms that are not improving that you need to talk to your doctor about.

Date: _____

Firm lumps

How many? _____

Is it smaller? Yes No

Approximately how much? _____

Is it softer? Yes No

Approximately how much? _____

Cords

How many? _____

Is it smaller? Yes No

Approximately how much? _____

Is it softer? Yes No

Approximately how much? _____

Dermal pits

How many?

Is it less indented? Yes No

Approximately how much? _____

Pain on a scale of 1-10 _____

Finger contracture

Approximately how many degrees of contracture?
(assume fingers laying perfectly flat on a table top to be 0 degrees and contract completely to the palm 180 degrees) _____

How much did the contracture interfere with your normal work, including work outside the home and housework during the past week?

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 Quite a bit Unable to work

How much does your contracture interfere with your life and ability to do simple tasks?

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How many?

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