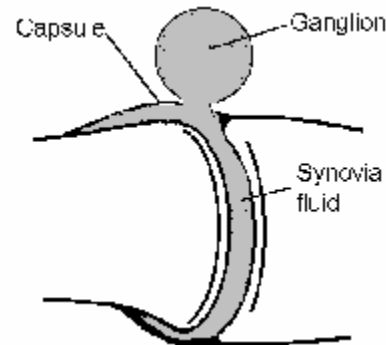


## Ganglion Cysts

Ganglion cysts are the most common lumps and bumps in the hand. They commonly appear on the back of the wrist. These non-cancerous, fluid-filled cysts arise from the ligaments, joint linings, or tendon sheaths when they are irritated or inflamed. They may disappear or change size over time.

These cysts occur at a weak spot in the joint capsule that extends out into a "balloon". Joint fluid can then flow into the "balloon" through a one-way flap valve but cannot return to the joint. Therefore, the ganglion cysts generally increase in size.



### Treatments for Ganglion Cysts

Since ganglion cysts are not cancerous lumps, one can feel comfortable leaving the cysts alone as long as they are not bothersome. If the ganglion cyst is causing local pressure effects, pain, or limiting function of the wrist, then treatment is indicated.

One treatment is aspiration of the fluid, which results in approximately a 40% cure rate. Injection with steroids into the cyst may increase the cure rate.

Surgery is indicated for cysts in areas that are difficult to aspirate or cysts that reoccur after aspiration. The surgical treatment involves removal of the ganglion cyst and correction of the weakened area. The majority can be removed under local anaesthetic on an outpatient basis.