

## Fast Facts

### Ganglion Cyst

- Lump that forms out of a joint or lining of a tendon
- Most often occur in the wrists or hands, but can appear in the ankles or feet or any other joint
  - Exact cause isn't known
  - Contains the same thick, lubricating, jelly-like fluid found in joints and around tendons
  - Look like tiny water balloons on a stalk and might not be visible
- When perceptible, they are round or oval in shape measuring less than an inch in diameter
- Can fluctuate in size depending on use of the area (get larger with repetitive motions to the affected region)
- More likely to affect women between the ages of 20 – 40, those with osteoarthritis and those with previous injuries to a joint or tendon

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<p><i>Most:</i></p> <ul style="list-style-type: none"> <li>-Small, fluid-filled lump</li> <li>-Painless</li> </ul> <p><i>Puts Pressure on a Nerve:</i></p> <ul style="list-style-type: none"> <li>-Pain</li> <li>-Tingling</li> <li>-Numbness</li> <li>-Muscle weakness</li> </ul>	<p><i>Most:</i></p> <ul style="list-style-type: none"> <li>-No treatment</li> </ul> <p><i>Cause Pain/Mobility Problems:</i></p> <ul style="list-style-type: none"> <li>-Immobilize area</li> <li>-Drain cyst</li> <li>-Surgically remove cyst</li> </ul>	<ul style="list-style-type: none"> <li>-Nothing</li> </ul>
<p><b>Note:</b> Do NOT try to pop a ganglion cyst at home by hitting it with a heavy object or puncturing it with a needle. Either of these can result in damage to surrounding tissue or cause an infection.</p>		

©2020 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.