

my diagnosis

GANGLION CYSTS

*Understand your condition.
Know your next steps.*

What is a Ganglion Cyst?

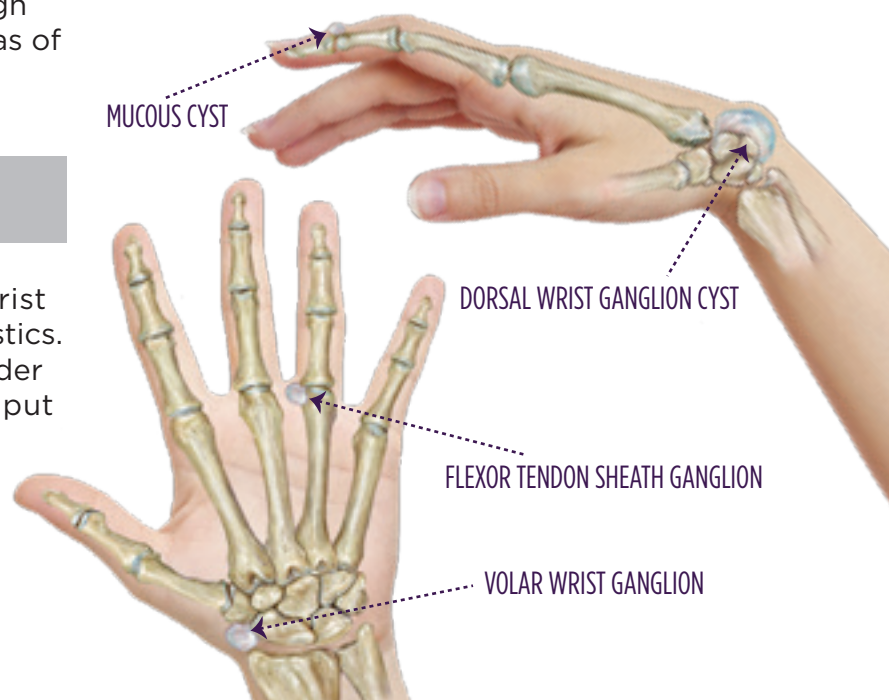
A cyst is a small, fluid-filled sac that forms a visible lump. Cysts often occur on the top or bottom of the wrist and on the fingers. They are typically anchored in place but when pressed can be moved very slightly. The precise cause of a ganglion cyst is unknown. More often than not, they are in areas with tendons and joints nearby. A ganglion cyst can change size and shape over time. They are benign (noncancerous) and cannot spread to other areas of the body.

What are the symptoms?

A cyst usually first appears as a lump in the wrist or hand. These lumps have a range of characteristics. They can be soft or firm, large or small, and tender or painless. If the cyst increases in size, it may put pressure on adjacent tendons, nerves, and joints. This may eventually cause discomfort and even pain.

How does my specialist diagnose it?

A ganglion cyst can be diagnosed through a physical examination. Your specialist may wish to get X-rays to determine if there is an underlying cause of the ganglion. Collectively, this information will help your hand specialist formulate a treatment plan tailored to your needs.



For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201

GANGLION CYSTS

*Understand your condition.
Know your next steps.*

What are the treatment options? What does my specialist recommend?

Your hand specialist has developed a treatment plan based on your specific situation. His or her recommendation for you has been selected from the treatment options below.

| | TREATMENT | DESCRIPTION | MY NEXT STEP |
|--------------------------|-----------------------------------|---|--|
| <input type="checkbox"/> | OBSERVATION/ACTIVITY MODIFICATION | Avoid movements and actions that cause pain. | Contact us if symptoms do not improve: (651) 968-5201 |
| <input type="checkbox"/> | INJECTIONS | A cost-effective alternative to surgery. In the specialist's office, medication is injected directly into the cyst. | Set up injection appointment: (651) 968-5201 |
| <input type="checkbox"/> | SURGERY | If you fail to improve after nonsurgical care, your specialist may wish to intervene surgically. In this procedure, your hand specialist will remove the cyst and the soft tissue causing the cyst. Your specialist can discuss the details of the surgery with you should it become necessary. | Set up surgery appointment with the patient coordinator: (651) 968-5201 |

NOTES

For expert advice on how to stay healthy and active, visit summitortho.com.



APPOINTMENTS (651) 968-5201