

**Cycle 1 – Hand and Wrist
2104 - Ganglion Cyst
SCRIPT**

(1)

NEIL HARNESS, MD:

A ganglion cyst is a fluid-filled mass that can grow from the wrist joint primarily on the back of the wrist, but also can be found on the front of the wrist. And this can cause pain and cause dysfunction in the hand and wrist.

(2)

EUGENE FARNG, MD:

So anywhere your body has two surfaces that move, it wants to produce a lubricating fluid. And that fluid sometimes leaks. We don't always know why it leaks, but we do know that that synovial fluid can leak and collect into a ball, into a cyst.

(3)

NEIL HARNESS, MD:

A ganglion cyst typically will fluctuate in size because it's fluid filled. It's not a tumor or any other kind of mass that will typically get bigger and bigger over time.

(4)

EUGENE FARNG, MD:

A lot of things in medicine, we actually don't know why they happen specifically. A lot of adolescents get it. Those typically go away on their own. Sometimes it happens in older patients. A lot of times if you have bad arthritis, you can get cysts associated with that. And to be honest, it's not clear why one wrist gets it and your other wrist doesn't.

(5)

EUGENE FARNG, MD:

The first thing, I try to do is always reassure patients. A lot of patients will come in and the first thing they think is, I have a lump, oh my god, do I have cancer? And that's often times the concern people have. And to reassure them, I'll obviously do a physical exam.

(6)

BRIAN HILD, MD:

There's really three things you could do for a ganglion cyst. Watch it, which is what we recommend first. You can try to aspirate it and pull the fluid out. The problem that's with the ganglion cyst is the recurrence rate for an aspiration is about 50 percent. So you can pull the fluid off, and 50 percent of the people are gonna come back saying, "It didn't work." Surgery is not without its risks. The recurrence rate's about less than ten percent, but we try to reassure everybody that it doesn't need surgery. That is the last step that we try to offer.

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