

## **Ganglion Cysts**

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Ganglion cysts are the most common type of soft tissue mass that form under your skin. Most commonly, ganglions are seen on the backside of the wrist and fingers, but they can also develop on your shoulder, elbow, and knee. Ganglions form when tissues surrounding certain joints become inflamed and swell up with lubricating fluid. In some cases, cysts can increase in size when the tissue is irritated and often can disappear spontaneously.

Although these masses, which can be painful or painless, appear to grow sometimes, they're not tumors or cancerous. The cause of ganglions is not always clear, however, conditions such as rheumatoid arthritis have been associated with these cysts. A physician recognizes most ganglion cysts during physical examinations, but X-rays may be recommended to confirm the diagnosis.

A procedure called "aspiration," or the draining of the contents of the cyst, may be required to distinguish the differences from other causes of swelling. Other treatments for cysts can consist of rest or splinting the affected joint. If the cyst continues to reoccur, removal can be achieved by using a surgical procedure.