

Editorial Note on Ganglion Cyst Sharadha K

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Editorial

Ganglion cysts are lumps that most commonly develop in the wrist. They're typically round or oval and are filled with a jelly-like fluid. Ganglion cysts are noncancerous lumps that most commonly develop along the tendons or joints of your wrists or hands. They also may occur in the ankles and feet. In many cases, ganglion cysts go away by themselves without the need for medical treatment. Treatment options include surgery or draining the cyst with a needle. Don't be overly concerned if you've been diagnosed with a ganglion cyst. This noncancerous growth develops on your wrist or finger and may look alarming, as it's filled with a jelly-like fluid. The cyst isn't threatening to your medical well-being, but can cause pain and affect your hand's ability to function.

A ganglion cyst does not pose a serious health problem. However, if it is causing any discomfort or limitation of movement, speak to a doctor, who may recommend a procedure to remove it. Surgical procedures can leave a scar, and there is a risk that the cyst will form again. If left untreated, complications can occur. The most common complication is infection. If the cyst fills with bacteria, it will become an abscess that could burst inside the body and lead to blood poisoning. Historical – the bible (or other large book) has been used to hit the ganglion, causing it to burst under the skin. This method is painful, has variable success and a very high recurrence rate and so is no longer recommended.

Lumps on the wrist or hands that are benign are called ganglion cysts or bible cysts. Once our surgeons determine the lump or mass on your hand is a ganglion cyst, they will often recommend a wait-and-see approach if you do not have any symptoms of pain, numbness, tingling or decreased range of motion. Ganglion cysts arise from myxoid degeneration of the connective tissue of the joint capsule, are filled with viscid fluid or gelatinous material, and have a fibrous lining. Synovial cysts also contain gelatinous fluid and are lined with cuboidal to somewhat flattened cells consistent with a synovial origin.

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Some cysts feel quite hard and may be mistaken for a bony prominence. Ganglion cysts can occur in a variety of locations but they most commonly arise from the back of the wrist. Other locations the cysts are found include the front of the wrist, in the palm at the base of the finger or just behind the fingernail. Some cysts feel quite hard and may be mistaken for a bony prominence. Ganglion cysts can occur in a variety of locations but they most commonly arise from the back of the wrist. Other locations the cysts are found include the front of the wrist, in the palm at the base of the finger or just behind the fingernail.

There is no known cause for ganglion cysts, but there are several factors that have been linked to their occurrence: Injury to the wrist or finger joint inflammation or irritation in the tendons or joints repetitive activities that use the wrists and fingers. If left untreated, complications can occur. The most common complication is infection. If the cyst fills with bacteria, it will become an abscess that could burst inside the body and lead to blood poisoning. The fluid filled sac may arise from a joint or tendon sheath. These cysts can be very small or enlarge to become unsightly. They are not cancerous and may arise as a single cyst or have multiple lobes. Some cysts feel quite hard and may be mistaken for a bony prominence.