

PodiatryCare, P.C. *and the* Heel Pain Center

1379 Enfield Street
Enfield, CT 06082
860-741-3041
Fax: 860-741-5644
www.ctfoot.com

1350 Sullivan Avenue
South Windsor, CT 06074
860-644-6525
Fax: 860-741-5644
www.ctfoot.com

Dr. Robert E. Marra

Diplomate American Board of Podiatric Surgery

Dr. Thomas V. Johnson

Diplomate American Board of Podiatric Surgery

Dr. Kristen E. Winters

Diplomate American Board of Podiatric Surgery

Dr. Laura C. Vander Poel

Certified Wound Care Specialist

GANGLION CYST

Ganglion cysts are fluid filled sacs that develop near tendons or joints. They are completely benign and are most commonly found in the wrist, ankle and top of the foot.

Symptoms

A mass located under the skin that may change in size. Many ganglion cysts are pain-free and may just be cosmetically unacceptable. In some cases they may put pressure on nerves and be painful with joint motion.

Causes

The exact cause is not known, however, many people believe ganglion cysts develop in response to some kind of trauma.

Treatment

Many ganglion cysts do not require treatment and may spontaneously disappear over time. They may also be aspirated with a needle to drain the fluid from the cyst and then injected with cortisone. Ganglion cysts have a high rate of recurrence and may need to be aspirated more than once. When all other treatments fail, the cyst can also be surgically removed. There is still a chance of recurrence even after surgical excision.

For More Information:

<http://www.foothealthfacts.org/footankleinfo/ganglion-cyst.htm>