

Ganglion Cyst (Bible Bump)

What is it?

- **Ganglion Cyst** – a swelling that often appears on or around tendons and joints in the foot and hand, size varies, most frequently located around the wrist and on the fingers; a tumor or swelling on top of the joint
- **Bible Bump**- treatment use to be pounding of the cyst with a Bible or large book

Signs and Symptoms:

- **Symptoms**- not harmful, may be a large cyst or many smaller cysts that are usually connected; pain is nonstop, aching, made worse by joint motion, feel a sense of weakness in the area; .4 to 1.2 inches
 - **Common Areas**-back of the hand at the wrist joint, the palm of the hand, base of the fingers on the palms, the fingertip just below the cuticle, the outside of the ankle or knee, or on the top of the foot



Facts:

- **Women**- three times more common; age group 20 to 60 years of age' 70% occur in people between the ages of 30 to 40 years ; rarely occur in children younger than 10 years



What can I do?

- **See your Health Care Provider**- ganglion cyst can be managed by aspiration or excision, cysts recur in 50% of cases, with surgery the recur rate is reduced to 5 to 10% if the check valve at the joint capsule is removed
 - **Arthroscopy of the Wrist**- an alternative to open excision of the ganglion cysts, the origin of the cyst can be seen in the joints
 - **Other Exams and Tests**- use syringe to draw out fluid/needle aspiration, ultrasound, MRI/Magnetic Resonance Imaging

