

What is a Ganglion Cyst?

A ganglion cyst is a mass of tissue that is filled with a jellylike fluid. This type of cyst is one of the most common benign soft-tissue masses. The cyst frequently develops on the top of the foot.

The word “ganglion” means “knot” which describes the mass that forms below the skin.

The ganglion cyst may vary in size and can disappear over time. The cyst can also increase or decrease over time as well.

What is the Treatment?

The following are treatment options for a ganglion cyst of the foot:

- **Monitoring, but no treatment.** If the cyst has no pain and no interference with daily activities, Dr. Neuhaus will just watch the ganglion cyst over a period of time.
- **Shoe Modifications.** Wearing shoes that do not rub the cyst, or placing a pad inside the shoe can help decrease irritation.
- **Aspiration and injection.** This drains the fluid and injects a steroid medication in the mass to help the cyst disappear. However, in many cases, the ganglion cyst returns.
- **Surgery.** When all other options fail, surgery is needed. With surgery, the reoccurrence of the cyst is much lower than the aspiration and injection method.

Wow! ↓

Ganglion Cysts are known to be far more common in females and around 70% of the cysts occur on/in people between ages 20 and 40. Rarely, ganglion cysts occur in children younger than 10 years of age.

As an added value to our friends and families, we have created this newsletter to help us stay healthy this year! Please let us know if there are topics of interest to you for future editions.

What are the Symptoms?

A ganglion cyst may show the following signs:

- A noticeable lump in the foot
- Tingling or burning if the cyst is touching a nerve
- A dull pain or ache which may indicate the cyst is pressing against a tendon or joint
- Possible difficulty wearing shoes due to irritation.

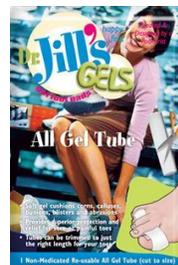
What Causes a Ganglion Cyst?

The most common cause of a ganglion cyst comes from some type of injury, like dropping something on your foot or rolling your ankle while walking. Trauma triggers the development of the cyst and will appear soon after.

When being diagnosed, the lump will be visually apparent. Also, when pressed in a certain way, the cyst will move freely underneath the skin.

Product of the Month

“Dr. Jill’s All Gel Tube”



This soft, gel cushion surrounds and protects the toes and cushions corns, calluses, bunions, blisters, and abrasions. This product is washable and reusable and the tube can be trimmed to the right length for your toe. This tube can be used for hammertoes and nail problems as well.

However, do not use this all gel tube on open wounds. Overall, the all gel tube provides excellent cushioning and long lasting comfort which feels smooth against your skin.

Office Hours

Monday-Friday
8am to 5pm

Lunch

12pm to 1pm

Happy
Valentines
Day!!!

Let's Wish Happy Birthday to all the February Patients!

Happy birthday to you... Happy birthday to you... We'd like to give special recognition to all the patients who have a February birthday. We hope you enjoy your special day!

Community News

Feb. 5-21~ "The Jungle Book, Jr" is being performed at the Center for the Arts in Murfreesboro. Go to www.boroarts.org for more information regarding show times and ticket prices

Feb. 12-14 & 19-21 ~ "Father of the Bride" is being performed at the Lamplighter's Theatre in Smyrna off Old Nashville Hwy. Go to www.lamplightertheatre.net for more information regarding show times and ticket prices.

Feb. 19~ Chinese New Year Festival being held at Discovery Center at Murfree Spring in Murfreesboro off Broad Street. www.discovercenteronline.org has more information.

Feb. 26-28~ Intercollegiate Horse Show is being held at the Tennessee Miller Coliseum in Murfreesboro.

Community Service

"Keeping Nashville on Their Feet"

Dr. Neuhaus is teaming up with his son, Ryan of Troup 37, who is working on his Eagle Scout project "Keeping Nashville on Their Feet," which a community service program to help collect shoes in good condition for the needy and then be delivered to The Nashville Rescue Mission. Men's athletic shoes, casual shoes, and work boots are most needed. Our goal is 500 collected shoes but we hope to make this an ongoing program with the help of the community. Shoe donation receptacles are located in Smyrna at the offices of: Neuhaus Foot & Ankle, Dhar Family Medicine, Fresenius Dialysis Clinic, DaVita Dialysis Clinic, Smyrna Rexall Drugs, StoneCrest Physical Medicine and Rehabilitation Center, StoneCrest Family Physicians, and Tennessee Medicine and Pediatrics.

Accepting New Patients

"The greatest compliment a patient could give a doctor is the referral of friends and/or family members"

Referrals Mean the World To Us!

Starting January 2009, we will now be rewarding any current patients who refer a friend or family member with a free complimentary movie pass for them to use at the new MALCO-ROXY Theater in Smyrna, TN

Are you tired of Foot Problems?

Get a Free copy of
Foot Health 101

"Healthy Feet are Happy Feet."



Free
Book

Success Story

The service I received in your office was exceptional and I have spread this to anyone who states they are having foot problems. If I ever have any more problems with my feet, your office will be my number one choice

~ J.C.

Please submit your success story about how Dr. Neuhaus helped eliminate your foot problem. You can share your story by going to www.neufoot.com.

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