

**Mayo Clinic Medical Edge**  
***Treating Spinal Synovial Cysts***

1:00

**Log**

**Audio**

<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	A SYNOVIAL CYST IS A BENIGN, FLUID-FILLED SAC THAT DEVELOPS WHEN THE JOINTS OF THE SPINE START TO DEGENERATE. SYMPTOMS, IF THERE ARE ANY, MIGHT INCLUDE MILD DISCOMFORT.
<b>John Atkinson, M.D.</b>	"IT PROBABLY WOULDN'T BRING YOU TO THE DOCTOR BECAUSE MOST OF THE TIME IT WOULD BE A NUISANCE-TYPE PAIN AND MOST PEOPLE WOULD ALLEVIATE THAT WITH JUST OVER-THE-COUNTER MEDICATIONS."
	BUT MAYO CLINIC DR. JOHN ATKINSON SAYS THAT IF THE CYST

	<p>GETS BIG ENOUGH—AND MOST TEND TO KEEP GROWING—THE SYMPTOMS CAN INTENSIFY. WHEN THAT'S THE CASE YOU CAN TRY ASPIRATING OR DRAINING THE CYST. THAT WORKS IN A SMALL PERCENTAGE OF CASES. THE OTHER OPTION IS SURGERY.</p>
<b>Dr. Atkinson</b>	<p>“THERE WOULD BE A SMALL INCISION AND GENERALLY A MICROSCOPE IS USED. PART OF THE JOINT IS REMOVED AND THE CYST IS REMOVED. “</p>
	<p>DR. ATKINSON SAYS THAT ONCE A CYST IS REMOVED, IT'S VERY RARE FOR ANOTHER TO FORM IN THE SAME SPOT. BUT YOUR RISK OF DEVELOPING A CYST IN ANOTHER LOCATION IS HIGHER.</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT <a href="http://MAYOCLINIC.ORG">MAYOCLINIC.ORG</a>. I'M VIVIEN WILLIAMS.</p>