

# Focus On: Mucous Cyst Ganglions

A mucous cyst ganglion is a hard lump that develops at the joint near the fingernail.

Mucous cyst ganglions usually happen at middle age or older. And they are more common in women than men.

These ganglions may be painful and may break open.

To avoid infection, do not try to open or cut the ganglion yourself.

If the ganglion is bothering you, a doctor may remove ganglion fluid with a needle, or remove the ganglion with surgery.

To learn more about mucous cyst ganglions, talk to your doctor.