

# FOOT NOTES

THE NEWSLETTER FOR SPRINGFIELD PODIATRY AND ACCURATE FOOT & DIABETIC CARE

July, 2022 Edition

## ALL ABOUT CYSTS:

Cysts are abnormal, fluid-filled sacs that can develop in tissues in any part of the body. A cyst can occur as much on the foot as it can in other areas of the body. The cause of these is not completely known. Most cysts on the foot present as a raised bump unless it is in the bone. Fortunately, cysts are considered benign lesions.

Some cysts are soft and movable while others feel as firm as bone. A cyst can deflate and look like it's gone before inflating again and being full-blown. This is commonly known as a ganglion cyst.

**The top of the foot is probably the most common place for a cyst to appear on the foot.** We see many ganglion cysts in multiple areas on the top of the foot. It is rare to have a cyst like this on both feet. They often extend from the tissue surrounding the tendons (sheath) that glide over the bones of the instep of the foot. This constant irritation is thought to produce a ganglion cyst in some people. Ganglion cysts are filled with a thick gel-like fluid. They may look big at one moment and deflated the next.

**Cysts are also fairly common next to a bunion on the inside of the foot.** Most of these are soft. They can press on a nerve causing pain when bumped or compressed in shoes. Narrower shoes can also cause pain on this cyst. If a person elects to have their bunion removed, the cyst can be removed at the same time. These cysts may become inflamed and painful.

**Another common place for a cyst on the foot is the top of the smaller toes.** These will always be raised and fairly small. Cysts on toes can pop, expressing a clear fluid. Interestingly, the second and third toes are where most of these cysts appear. These may be dermal mucoid cysts as they are

in the deeper layer of skin (dermis) and have a thin gel (mucoid) fluid. Other toe cysts are an extension of the small joints and are called synovial cyst where the lining of the joint (synovium) extrudes from the joint. These may be irritated by shoes.

**Lastly, a cyst can form in any bone.** We often see them in bones near joints where they can form spontaneously or as a result of osteoarthritis. Less commonly, a cyst may form in the heel bone. Some bone cysts can cause pain while others do not. An x-ray is needed to make this diagnosis. The biggest risk of this type of large cyst in the heel bone is weakening to the point of breaking although this is rare.

Some cysts will vanish without treatment. The ones that persist can be left alone if they do not hurt or are not irritated by shoes. A larger one, such as a ganglion cyst, can be aspirated (drained with a needle) and injected with cortisone. Statistically, the cyst will recur about 50% of the time following a steroid injection. As a last resort, surgical removal of a cyst is a good option if the cyst is consistently painful.

We believe that any bump on the foot should be evaluated and diagnosed. As always, we will do everything in our power to manage this condition with non-surgical measures. We have extensive experience diagnosing and treating cysts on the foot. So, if you have any unusual lump or bump on your feet or toes, please give us a call for an evaluation.

### **Pay it Forward**

Suffering with foot pain is a real bummer.  
Most people do so longer than necessary.

When you hear of someone mentioning  
a foot concern, let them know we can help.

We are here to serve anyone  
you graciously refer to us.

Dr. Siegerman

## **ANNOUNCEMENT**

Sadly, we had to say goodbye to Dr. Rostami at the end of June. Due to a family emergency involving his fiancée, they had to move back to Florida unexpectedly. We will all miss Dr. Rostami, and we wish him and his family well.

## **PERSONALLY SPEAKING**

After a very long and exhaustive search, we finally have a new Medical Assistant in our practice! Malika (without an “h” like our receptionist) comes to us with 11 years of medical experience. She loves her new position in our practice and looks forward to growing and learning. Originally from Yeadon in Delaware County, she does event planning as a hobby. Following her entrepreneurial spirit, Malika, her father, and her stepmother have started a home care service called Irresistible Home Care. We find her enthusiasm infectious. Please welcome Malika at your next visit!

## **MYTH BUSTERS**

“You should treat your own ganglion cyst by hitting it with the spine of a large book.” NO! This popular but foolish notion has been a home remedy for ganglion cysts on the top of the foot or back of the hand for many years. The obvious problem with this “treatment” is that you can do a great deal of damage by hitting yourself with a heavy object, including fracturing bones, damaging joints and tendons and causing nerve injuries. At the very least, you will likely cause bruising, swelling and pain, so no “book therapy”!

## **FUN FACTS**

Foot cheese is a real thing! Cheese can be produced with the bacteria from foot sweat. In fact, Ireland held a Foot Cheese Exhibition in 2013 that featured several varieties of foot cheese. Not sure who volunteered to be the tasting judges!

## **WHAT'S NEW**

We have a new doctor starting on July 18<sup>th</sup>. Please welcome Dr. Danielle Seiler to our practice! Dr. Seiler comes to us with 8 years of private practice experience. A graduate of the Temple University School of Podiatric Medicine in 2011, Dr. Seiler completed her surgical residency training at St Luke's University Hospital and Health Center in Allentown, PA in 2014. She practiced for four years in Wyomissing, PA and four years in South Jersey. Dr. Seiler resides in Philadelphia with her husband and enjoys exercising, cooking, exploring restaurants, traveling, tap dancing, track and field, soccer and piano.

## **QUOTES**

"You'll never be bored when you try something new. There's really no limit to what you can do!" – Dr. Seuss

## **PUNNY STUFF**

The shovel was a groundbreaking invention.

## **PUZZLE:**

Call today for your foot health evaluation!

In Drexel Hill, call 484-459-5954  
(springfieldpodiatry@springpod.comcastbiz.net)

In West Chester, call 610-436-5883  
(accpodiatry@gmail.com)

Or visit us at [www.drsiegerman.com](http://www.drsiegerman.com)

Dr. Julie Siegerman

Follow us on Instagram @springfield.podiatry