

Quisto Mucóide Digital: Uma Manifestação Improvável de Osteoartrose



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Figure 1 – Round, transilluminated and dome-shaped cyst on the distal dorsal aspect of the third finger of the right hand

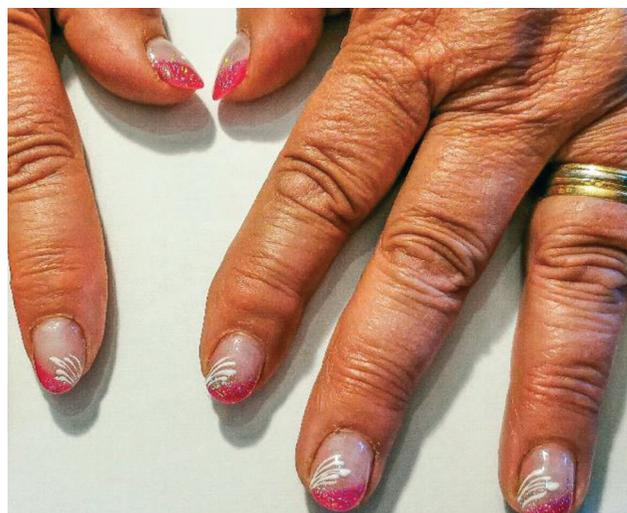


Figure 2 – Evidence of osteoarthritic hands. Heberden nodes are marked by blue arrows.

A 61-year-old female patient, with obesity and distal interphalangeal joint (DIPJ) osteoarthritis (OA) radiologically documented, presented with a painful and insidious swelling on the third finger (Fig. 1) that had appeared 15 days ago. She described significant pain only when touched, decreased range of motion, and denied spontaneous drainage, previous trauma, colour changes, or insect bite. Moreover, she reported a similar presentation in the past. On palpation, the swelling was painful, firm and not mobile. Heberden nodes were visible (Fig. 2). Given the past medical history, the diagnosis of digital mucous cyst (DMC) was made.

DMC are benign and recurrent lesions of the fingers associated with OA,¹ which usually develop in older patients, and more frequently in women. Its diagnosis may be unsuspected in Primary Care without being aware of past medical history. Heberden nodes, despite being strong markers of OA, are a common and challenging differential diagnosis. These also appear in the DIPJ, but unlike DMCs, these are bony nodes, are usually not painful and present with multiple dorsolateral nodes in the same finger.² A conservative approach is commonly advised, although it can require surgical treatment.^{3,4} The major risk of DMC is rupture, which

will require other treatment approaches in order to prevent joint infection.⁵

AUTHORS CONTRIBUTION

JS: Draft of the case description and discussion.
CP, LA: Critical review of the work.

PROTECTION OF HUMANS AND ANIMALS

The authors declare that the procedures were followed according to the regulations established by the Clinical Research and Ethics Committee and to the Helsinki Declaration of the World Medical Association updated in 2013.

DATA CONFIDENTIALITY

The authors declare having followed the protocols in use at their working center regarding patients' data publication.

INFORMED CONSENT

Obtained.

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COMPETING INTERESTS

The authors declare that there are no competing interests.

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