

## About Bone Cyst

Bone Cyst is a curable condition. Spontaneous resolution after a fracture is known.

Success rate with Intra-Lesional Steriod and Bone Marrow is about 80%. Curettage, bone grafting and intra-lesional rodding with titanium implants or screws have over 90 % success rate in curing the lesion.

  
[www.kidzorth.com](http://www.kidzorth.com)



Bldg No 18, MHADA complex  
Oshiwara Link Road, Near Maheshwari  
Bhavan, Oshiwara, Andheri 53

Phone: 98216 22992  
Phone: 98921 76485  
E-mail: arb\_25@yahoo.com



**Unicameral bone  
Cyst (UBC) or  
Simple Bone  
Cyst**

Tel : 98216 22992

# ► Unicameral Bone Cyst

Unicameral Bone Cyst (UBC) or Simple Bone Cyst (SBC) constitute 3 % of all bone tumours.

Common in the first two decades , boys are more affected than girls.

Proposed theories include

- Increased intra-venous pressure leading to collection of interstitial fluid in bone
- Intra-osseous synovial cyst
- Failure of metaphyseal ossification

Cyst near the growth plate or physis are most active and have a risk of recurrence and can cause growth disturbance.

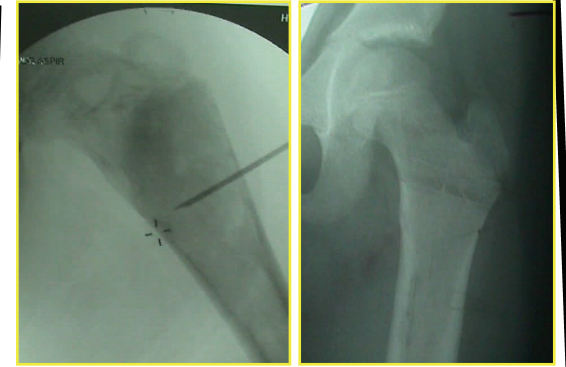


## Cyst that Require treatment

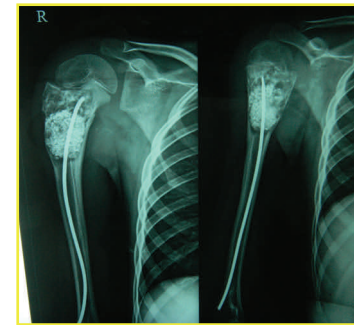
- Progressive increase in size with risk of fracture
- Cyst in Proximal Femur or any weight bearing area causing pain
- Pathological fracture

## Treatment Modalities

- Observation
- Steroid Injection
- Bone Marrow Injection
- Curettage
- Curettage with Bone Grafting (BG)
- Use of Bone Substitutes
- Use of Metallic Implant in cyst cavity, Curettage with Bone Substitutes.



UBC treated with Steroid and Bone Marrow Injection. Complete healing in 2 years.



Cyst treated with Curettage, Bone Substitute and Titanium nail



Pathological fracture in cyst: Flexible nails used