



DOCTOR DISCUSSION GUIDE

Managing Tenosynovial Giant Cell Tumors

Tenosynovial giant cell tumors are benign growths that can develop in the joints of your hands or legs. While the condition is non-cancerous, it's important to work closely with your doctor to optimize treatment. Asking the right questions during your conversation will help you know what to expect and how to better navigate this condition. Familiarize yourself with these common terms before your appointment to help facilitate your discussion.

Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

Neoplasm	A growth in or on your body is described as a neoplasm. They can be benign or malignant (cancerous) and they can grow slowly or quickly.
Joint	A joint is composed of several structures that allow your body to move. Joints contain bones, muscles, cartilage, tendons, ligaments, synovial fluid, and connective tissue such as synovium, tendon sheath, and bursae. Each joint contains several of these structures, but not necessarily all of them.
Synovium	A tissue lining that covers and protects the structures and spaces of your joints is called synovium. Synovial fluid protects and lubricates your joints as you move them.
Bursae	Synovial fluid is enclosed by synovial tissue called bursae.
Tendon Sheath	A tendon connects a muscle to a bone. The layer of synovium that surrounds and protects each tendon is described as a tenosynovial tendon sheath.
Intra-Articular and Extra-Articular	Intra-articular describes structures inside a joint and extra-articular describes structures outside a joint.
Giant Cell	A cell that is composed of several different cells combined together is called a giant cell. These cells appear large under a microscope and they can also contain several nuclei, while normal cells only contain one nucleus.
Synovectomy	A procedure used to remove some or all of the synovium.
Arthroscopic Surgery	A minimally invasive procedure that utilizes an arthroscope, which is a device that can be inserted into the joint using a small incision. Arthroscopic synovectomy differs from open synovectomy because it does not involve completely opening the joint with a large incision.

