

# TGCT (PVNS/GCT-TS) discussion guide

## For patient visits with orthopedic surgeons

Surgery is usually recommended to treat tenosynovial\* giant cell tumor, or TGCT. Surgeons have training and expertise to diagnose and remove TGCT tumors.

\* Pronounced TEN-oh-sin-OH-vee-ul.

This resource can be used to help guide conversation between you and your orthopedic surgeon. Print it, take it with you to your next appointment, and use it to ask questions and take notes.

## Information for your visit

Doctor name \_\_\_\_\_ Appointment date \_\_\_\_\_

### What is your TGCT diagnosis?

Diffuse TGCT (also called pigmented villonodular synovitis,<sup>†</sup> or PVNS)

<sup>†</sup> Pronounced PIG-men-ted vill-oh-NAWJ-you-ler sy-no-VY-tiss.

Localized TGCT (also called giant cell tumor of the tendon sheath, or GCT-TS)

I have not been diagnosed.

### What joint is affected (for example, hand, ankle, hip)?

Have you been treated for TGCT before?  Yes  No

If you've been treated before, has your TGCT ever come back?  Yes  No

## Questions to ask your doctor

### Understanding TGCT and how it is treated

1. Have you previously treated patients who had TGCT? How many patients?

2. What options do I have for treating my TGCT?

3. What are the risks and benefits of these options?

4. What is your recommendation for treating my TGCT?

5. What other doctors or healthcare specialists will be involved in my care?

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## Learning about surgery and recovery

1. What is TGCT surgery like?

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2. How much pain will I have?

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3. Will I need to take medication after surgery? What types of medications?

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4. How long will recovery take? What will recovery involve (for example, physical therapy)?

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5. After surgery, when can I expect to resume school, work, sports, or other activities?

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6. How likely is it that my TGCT will grow back after surgery?

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7. What happens if my TGCT comes back?

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## Additional questions and notes

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To maintain a detailed record of your treatment, use the resource “My TGCT treatment history,” available at [TGCTfacts.com](https://www.tgctfacts.com). If you are already using this resource, be sure to update it with information from today’s appointment.

To learn more about TGCT,  
talk with your doctor and visit [TGCTfacts.com](https://www.tgctfacts.com).

