# Vogue Williams opens up about health scare on podcast



Vogue Williams, a 39-year-old television presenter, recently shared a personal health scare during an episode of her podcast, "Vogue and Amber." Williams recounted the experience of discovering a lump on her knee, which led her to believe she might have cancer. Following this alarming discovery, she made an appointment with her general practitioner (GP) for further examination.

During her discussion on the podcast, Williams expressed her initial fear, stating, "I remember I once convinced one of our nannies to take me to the doctor because I had a lump in my knee. I convinced her, because I thought I had cancer, I did." Upon visiting the doctor, she learned that the lump was not a serious condition but rather a cyst, which left her feeling slightly embarrassed about her initial worries.

Cysts are commonly defined by the NHS as round lumps filled with fluid or pus. They are generally considered harmless and often do not require treatment. However, the NHS advises individuals with unexplained lumps to seek medical advice. Williams' experience reflects this guidance, as undertaking a check-up with her GP ultimately clarified her health concerns.

The NHS explains that skin cysts can develop on various parts of the body, including the face, neck, chest, and back, with specific types like the "baker's cyst" or popliteal cyst occurring around the knee when the tissue behind the joint becomes inflamed. Common symptoms include the presence of a small, dark spot at the centre of the cyst, and if infected, it may appear red and tender. According to the NHS, relief can often be found through the use of paracetamol, knee supports, or ice packs in these instances.

Williams' sister, Amber Wilson, was also present during the podcast discussion, although she expressed her reluctance to share some of her own embarrassing doctor visits. She did, however, mention an incident involving a cyst in her armpit, citing discomfort during that medical encounter.

In terms of treatment options, the NHS states that skin cysts do not typically need to be removed unless they cause significant discomfort or interfere with daily activities. If infected, antibiotics could be prescribed, and larger cysts might require surgical removal. However, such procedures are often not covered by the NHS and may necessitate private funding. Additionally, even after removal, there is a possibility that new cysts can form.

The overall consensus from the NHS is that skin cysts are not contagious and can develop for various reasons, with some individuals being more susceptible due to family history, age, gender, or skin conditions like acne.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.nhs.uk/conditions/skin-cyst/> - This NHS webpage provides information on skin cysts, including their definition, common locations on the body, and typical symptoms, which corroborates Vogue Williams' experience with a cyst on her knee.
* <https://www.nhs.uk/conditions/bakers-cyst/> - This NHS webpage specifically discusses baker's cysts, which occur around the knee, aligning with Williams' description of her lump.
* <https://www.healthline.com/health/skin-cyst> - Healthline offers detailed explanations of skin cysts, including their causes, symptoms, and treatment options, supporting the general information about cysts presented in the article.
* <https://www.mayoclinic.org/diseases-conditions/skin-cysts/symptoms-causes/syc-20353484> - The Mayo Clinic provides comprehensive information on skin cysts, covering their types, symptoms, and treatment options, which aligns with the NHS guidance mentioned in the article.
* <https://www.bupa.co.uk/health-information/skin-conditions/skin-cysts> - Bupa's health information section includes details on skin cysts, discussing their appearance, symptoms, and when to seek medical advice, further supporting the NHS's advice to consult a doctor for unexplained lumps.
* <https://www.medlineplus.gov/ency/article/000842.htm> - MedlinePlus offers information on cysts, including their types and treatment options, which supports the general understanding of cysts as generally harmless but sometimes requiring medical evaluation.