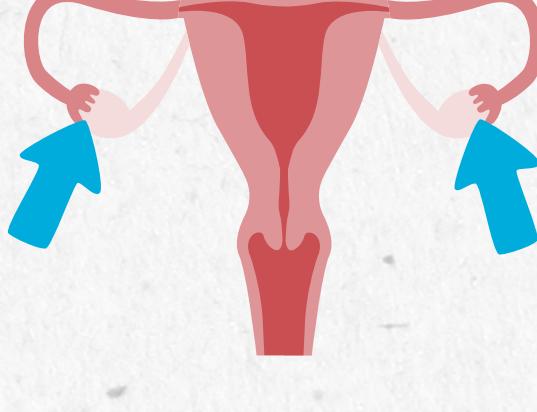


Ovarian Cysts

Brief Overview



What are ovaries?

Ovaries are small glands that produce eggs and hormones in the female body. Females have two ovaries on either side of the uterus.¹

What are ovarian cysts?

Ovarian Cysts are sacs filled with fluid inside an ovary or on the surface. They are very common, and usually do not cause harm and go away without treatment.¹



What complications can ovarian cysts cause?

- Ruptured Cysts - Sometimes a ruptured cyst can cause severe pain.²
- Cancerous Cysts - Ovarian cysts developed after menopause are more likely to be cancerous.²
- Ovarian Torsion - Cysts can grow so large they distort the ovary and sometimes twist.²

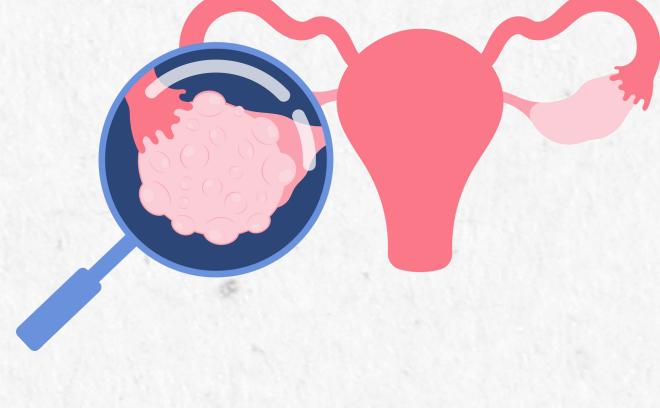
What are the symptoms of ovarian cysts?

- Mild Discomfort³
- Sharp or dull pain in pelvis area³
- Pressure or fullness in abdomen³
- Discomfort or pain that comes and goes without explanation³
- Pain during intercourse³



What increases my risk for ovarian cysts?

- Hormonal problems³
- Endometriosis³
- Pregnancy³
- Severe pelvic infection³
- Previous ovarian cysts³



How is an Ovarian Cyst diagnosed?



- Pelvic exam - Your provider will feel inside the pelvis for changes.²
- Ultrasound - Imaging of the internal organs to detect cysts on ovaries.²
- Laparoscopy - Your provider will insert a camera through an incision in the abdomen and detect cysts.²

How is an Ovarian Cyst Treated?

Watching and waiting

Most times ovarian cysts go away without treatment, a doctor may follow up with an ultrasound to ensure it has gone away.²



Birth Control Pills

Birth control pills can stop ovulation. Cysts are most likely to form during the ovulation cycle. By preventing ovulation, you will be less likely to form cysts.²

Ovarian Cyst Removal Surgery

- Laparoscopy - A procedure where a provider inserts a small camera into an incision in your abdomen. They then remove the cysts through tiny incisions.²
- Laparotomy - If the cyst is especially large or concerning your provider may choose open abdominal surgery.²



References

1. Mobeen, S., Apostol, R. . (2023). Ovarian Cyst. National Library of Medicine.
2. Ovarian Cysts. (2022). Cleveland Clinic.
3. Ovarian Cysts. (2023). Mayo Clinic.