

OVARIAN CYSTS

The ovaries are two small organs, one on each side of a woman's uterus. It is normal for a small cyst (a fluid-filled sac or pouch) to develop on the ovaries. These cysts are harmless and in most cases go away on their own. Others may cause problems and need treatment. This pamphlet will discuss:

- How cysts occur
- The types of cysts
- The symptoms of ovarian cysts
- How ovarian cysts are treated

Types of Ovarian Cysts

Ovarian cysts are quite common in women during their childbearing years. Most cysts result from the changes in hormone levels that occur during the menstrual cycle and the production and release of eggs from the ovaries. A woman can develop one cyst or many cysts. Ovarian cysts can vary in size – from as small as a pea to as big as a grapefruit.

There are different types of ovarian cysts, and each type causes a variety of symptoms. All cysts can bleed, rupture (burst), and twist and cause pain. Most cysts are benign – not cancerous. A few cysts, though, may turn out to be malignant (cancerous). For this reason, all cysts should be checked by your doctor.

- Functional Cysts
- Dermoid Cysts
- Cystadenomas
- Endometriomas
- Multiple Cysts

Symptoms

- Most ovarian cysts are small and do not cause symptoms. Some go away on their own. Some may cause symptoms because of twisting, bleeding, and rupture. They may cause a dull ache in the abdomen and pain during sexual intercourse.
- Some cysts may be cancer. The risk of ovarian cancer increases as you get older.

Diagnosis

- Ultrasound
- Laparoscopy
- Blood tests

Treatment

If your cyst is not causing any symptoms, your doctor may simply monitor it for 1-2 months. Most functional cysts go away on their own over one or two menstrual cycles.

If your cyst is larger or causing symptoms, your doctor may suggest treatment with hormones or surgery. The type of treatment depends on several factors:

- Size and type of cyst
- Your age
- Your symptoms
- Your desire to have children

* Please see brochure in link