

Ovarian Cyst

What is it?

- **Ovarian Cyst** – is a sac filled with fluid that forms on or inside an ovary, ovarian cyst do not always indicate ovarian cancer; more common during a woman's child bearing years and are rare after menopause
 - **5-10 centimeters Cysts**- are complex ovarian cysts that don't go away and should be surgically removed (laparoscopy)
 - **Birth Control Pills (Oral Contraceptives)**- may help make cycles normal and decrease the development of functional ovarian cysts; prevent follicles from forming
 - **Polycystic Ovary Disease**- can cause ovarian cysts
 - **Functional Ovarian Cysts**- usually disappear without treatment 8-12 weeks, some must be treated to go away
 - **Complications**- when bleed, break through, twist and show signs of changes that could be cancer



Signs and Symptoms:

- **Symptoms**- breaks open, bleeds, is twisted or causes twisting (torsion) of the fallopian tube, pushes on nearby structures, abnormal uterine bleeding (abnormal- no bleeding, irregular, longer or shorter bleeding in the menstrual cycle), swelling or bloating in the abdomen, pain in the pelvis after beginning or ending a menstrual period, pain during bowel movements, constant pelvic pain or a dull aching, pain with intercourse or pelvic pain during movement; often there are no symptoms



Facts:

- **Causes**- may occur during ovulation (an egg is released from the ovary), during the days before ovulation, a follicle grows and fails to break open and release an egg when ovulation is suppose to occur rather the fluid stays in the follicle and forms a cyst

• What can I do?

- **See your Health Care Provider**- for more information

- **Tests**- CT scan, doppler flow studies, pelvic exam, ultrasounds, MRI; blood tests- hormone levels (FSH, LH, estradiol, and testosterone, serum hCG/pregnancy test

