

Brief description of disease/illness/condition.

Ovarian cysts are fluid-filled sacs that are in or on an ovary. Ovarian cysts are caused by hormonal imbalances or changes. Some women produce many small cysts on their ovaries.

Risk factors

Age

Hormonal problems and changes

Pregnancy

Signs/symptoms

Some signs and symptoms of an ovarian cyst are abdominal pain, pressure or swelling in the abdomen, problems emptying the bladder or bowels, dull aching in the lower back, pain during sexual intercourse, painful menstrual periods or even abnormal bleeding.

Diagnostic studies

Some diagnoses of an ovarian cyst are pelvic or transvaginal ultrasound, hormone level tests, and even a CT or MRI.

Prevention

Avoid cigarette smoking. There are some oral contraceptive medications that can be taken to prevent ovulation and therefore prevent cyst formation. Get regular ultrasounds done that can catch ovarian cyst early or watch for any changes.

Note any menstrual symptoms that are not normal as well as noting any unusual pain.

Treatment options

Watchful waiting can be done depending on the size of the cyst, because the body sometimes can reabsorb the cyst. Medication as in birth control pills can keep you from ovulating, and can even prevent another one from occurring. If the cyst is big enough, it can require surgery to be taken out.

References

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