



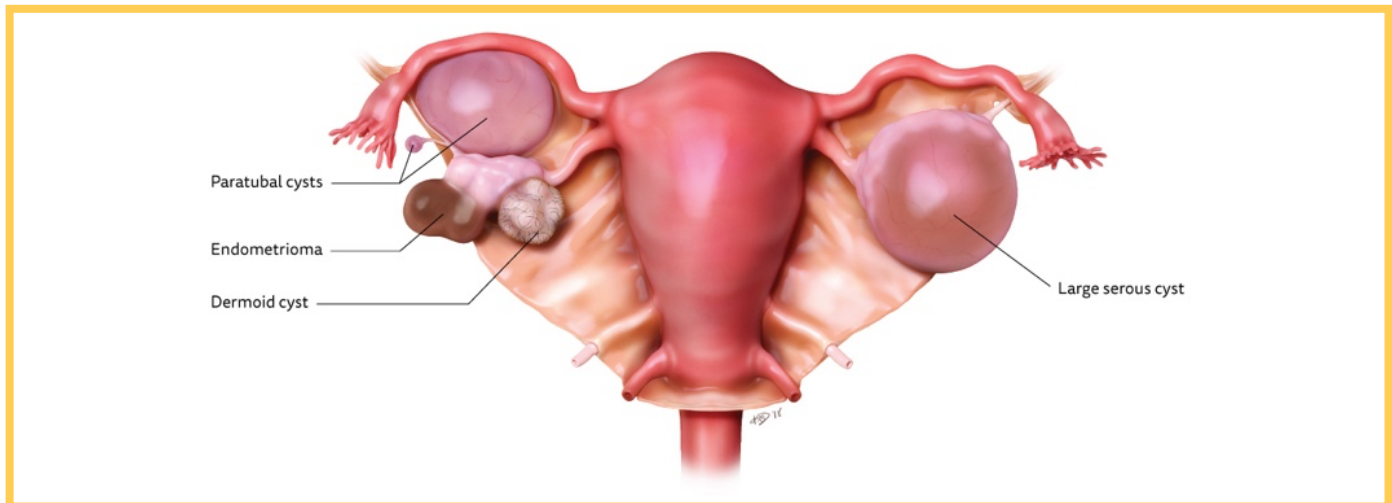
### WHAT ARE OVARIAN CYSTS?

Ovarian cysts are masses that grow within an ovary. There are numerous different types of ovarian cysts. They may be fluid-filled (such as serous cystadenomas), contain gelatinous content (such as mucinous cystadenoma), contain sebum, hair and teeth (such as dermoid cysts), or may be solid (such as fibromas). Some are normal cysts that come and go with periods (physiological cysts), and some may be associated with endometriosis (endometriomas). When cysts form next to a fallopian tube, they are called paratubal cysts.

### WHAT ARE THE SYMPTOMS OF OVARIAN CYSTS?

Oftentimes, cysts have no symptoms whatsoever, however you may experience pain, pressure or bloating related to the cyst.

Rarely, cysts can cause abnormalities in hormone levels and irregular periods. When cysts are a certain size, they risk twisting over and causing acute pain, a condition known as ovarian torsion.



### HOW ARE OVARIAN CYSTS DIAGNOSED AND MANAGED?

Ultrasound is the preferred method to evaluate ovarian cysts. Rarely, cysts can be difficult to characterize with only ultrasound and may require advanced imaging such as MRI. Surgery allows for a definitive diagnosis, but is often not required if the appearance of the ovarian cyst is reassuring on imaging.

Many cysts require simple observation, perhaps with a repeat ultrasound in 6 months. Otherwise, laparoscopic surgery is the most common approach to removing a cyst from an ovary. In some instances, it is necessary to remove the ovary rather than the cyst alone; however, this may depend on many factors.

For more information, ask your family doctor to send a referral to: **514-856-5607**

Or visit [www.muhc-obgyn.com](http://www.muhc-obgyn.com)

