



Ovarian Cysts



Severe symptoms of ovarian cysts that require immediate medical attention include:

- ▶ Severe or severe pelvic pain
- ▶ Fever
- ▶ Weakness or dizziness
- ▶ Rapid and continuous breathing

▶ Complications of ovarian cysts ◀

Most ovarian cysts are benign and go away naturally and without treatment. Ovarian torsion is another rare complication of ovarian cysts. A large cyst causes the ovary to twist or move from its original position. In this case, the blood supply to the ovary is cut off, and if left untreated, it can cause damage or death to the ovarian tissue. Ruptured cysts, which are also rare, can cause severe pain and internal bleeding.

▶ Diagnosis of ovarian cysts ◀

The doctor can diagnose ovarian cysts during a routine pelvic exam. Ultrasound tests can help determine the size, location, shape, and composition (stable or fluid-filled) of a cyst.

▶ Treatment of ovarian cysts ◀

- ▶ **Birth control pills:** The doctor may prescribe new ones to prevent ovulation and new cysts.
- ▶ **Laparoscopy:** If the cyst is small, the doctor can perform a laparoscopy to remove the cyst surgically.
- ▶ **Laparotomy:** The doctor may surgically remove the cyst through a large incision in the abdomen by having a large cyst.



▶ Nutrition and diet therapy in ◀ ovarian cysts

- ▶ **High-fiber diet:** whole grains, fruits, beans, green vegetables, nuts, almonds, berries, and squash.
- ▶ **Omega-3 fatty acids:** fatty fish such as salmon, mackerel, sardines, fish oil, flaxseed, pumpkin seeds, walnuts.
- ▶ **Magnesium:** helps reduce cramps and pain in ovarian cysts—broccoli, almonds, nuts, bananas.
- ▶ **Alcohol:** avoid alcohol as much as possible.
- ▶ **Saturated fats:** avoid foods that are high in saturated fat.
- ▶ **Lean proteins:** including fish, tofu, and chicken
- ▶ **anti-inflammatory foods and spices:** including tomatoes, turmeric, kale, olive oil, and almonds.

OVARIAN CYSTS



Ovarian Cysts

- ▶ Jaundice cysts
- ▶ Dermoid cysts
- ▶ Cystadenoma cysts
- ▶ Endometrial cysts

▶ Polycystic ovary ◀

Some women develop a condition called polycystic ovary syndrome.



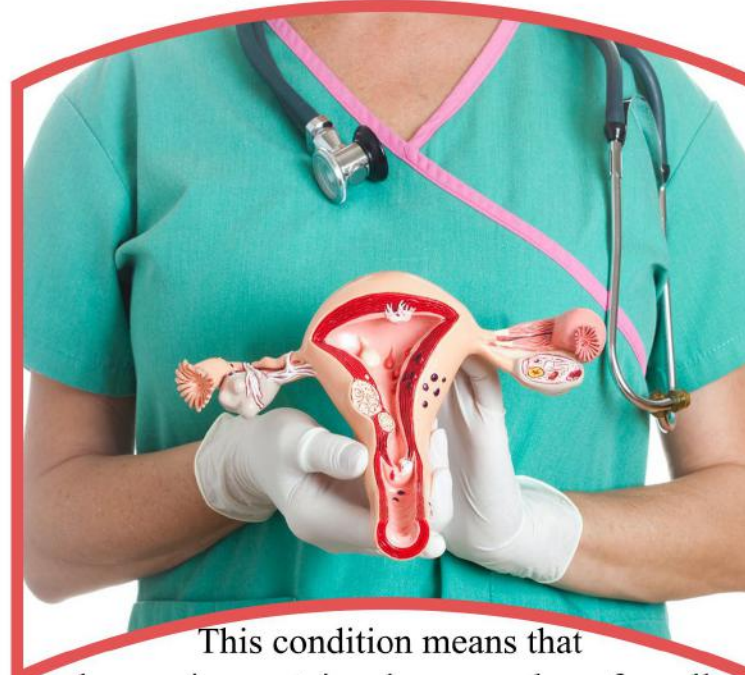
▶ Ovarian Cysts ◀

Women have two ovaries that produce eggs and also have the hormones estrogen and progesterone. Sometimes, a fluid-filled sac called cyst forms in one of the ovaries. Many women get at least one cyst in their lifetime. In most cases, the cysts are painless and asymptomatic. The cyst becomes a problem when it does not go away or get bigger. It can be painful. There is also the possibility of cancer, but it is rare, and its chances increase with age.

▶ Types of ovarian cysts and their causes ◀

There are several types of ovarian cysts, the most common of which are functional cysts. Two types of functional cysts include follicular and corpus luteum cysts.

- ▶ Follicle cyst



This condition means that the ovaries contain a large number of small cysts. They can cause the ovaries to enlarge. If left untreated, polycystic ovaries can cause infertility.

▶ Symptoms of ovarian cysts ◀

- ▶ Flatulence or swelling
 - ▶ Painful bowel movements
 - ▶ Pelvic pain before or during the menstrual cycle
 - ▶ Pain in the lower back
 - ▶ Breast tenderness
- Less common symptoms include:
- ▶ Ambiguous pain in the lower back and thighs
 - ▶ Weight gain for no reason
 - ▶ Pain during menstruation