🏥 What is an Ovarian Cyst?

An **ovarian cyst** is a fluid-filled or solid sac that develops on or inside an ovary. Most ovarian cysts are benign (non-cancerous) and may resolve on their own without treatment. However, some cysts may require monitoring or medical intervention.

🔍 What Causes Ovarian Cysts?

Ovarian cysts can develop for several reasons:

✅ **Functional Cysts** – These are the most common type and occur when a follicle (which contains an egg) does not release the egg or does not dissolve after ovulation. They usually resolve naturally.
✅ **Dermoid Cysts** – Formed from reproductive cells, these can contain tissue such as skin or hair. They are usually benign but may require surgical removal.
✅ **Endometriomas (Chocolate Cysts)** – Cysts that develop in women with **endometriosis**, filled with old blood.
✅ **Corpus Luteum Cysts** – Form in early pregnancy to support the developing embryo and usually resolve on their own.
✅ **Infectious Cysts** – Caused by **pelvic infections**, forming abscesses filled with pus.
✅ **Benign or Cancerous Growths** – Some cysts may be linked to ovarian tumours, though this is less common.

⚠️ What Are the Symptoms of Ovarian Cysts?

Many ovarian cysts do not cause symptoms and are found **incidentally** during routine medical imaging. However, when symptoms occur, they may include:

- **Pelvic pain** or discomfort, particularly on one side
- **Lower back pain**
- **Pain during intercourse**
- **Bloating or a feeling of fullness in the abdomen**
- **Changes in menstrual cycles**
- **Severe pain with nausea or vomiting** (may indicate ovarian torsion, a medical emergency)

🩺 Do I Need Further Investigations?

Ovarian cysts are usually detected through **ultrasound**. Your doctor may also order:
🔹 **Blood tests** (e.g., CA-125) to assess the nature of the cyst 🔹 **MRI or CT scan** for detailed imaging 🔹 **Laparoscopy** (minimally invasive surgery) for direct examination and biopsy if necessary

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💊 How Are Ovarian Cysts Treated?

Treatment depends on the **size, type, and symptoms** of the cyst:

- **Observation**: Many small, simple cysts resolve on their own within a few months.
- **Medication**: Hormonal treatments such as oral contraceptives may help prevent new cysts but do not shrink existing ones.
- **Surgery**: If a cyst is large, persistent, causing pain, or has suspicious features, surgery may be recommended. Options include:
    - **Cystectomy** (removal of only the cyst, preserving the ovary)
    - **Oophorectomy** (removal of the entire ovary, if necessary)

🔄 Can Ovarian Cysts Recur?

Yes, recurrence depends on the **type of cyst**. **Functional cysts** can return, especially in women who ovulate regularly. However, certain cysts, such as **dermoid cysts or endometriomas**, may not come back after removal.

🔷 **If you experience persistent pelvic pain or other concerning symptoms, consult your doctor for assessment and management.** 💙