



## Managing Pain and Complications Caused by Ovarian Cysts

Ashia Dumu\*

Department of Gynecology, Siberian State Medical University, Tomsk, Russia

\*Corresponding Author: Ashia Dumu, Department of Gynecology, Siberian State Medical University, Tomsk, Russia; Email: ashia\_du.mu23@gmail.com

Received date: 26 November, 2024, Manuscript No. JWHIC-24-156662;

Editor assigned date: 28 November, 2024, PreQC No. JWHIC-24-156662 (PQ);

Reviewed date: 12 December, 2024, QC No. JWHIC-24-156662;

Revised date: 20 December, 2024, Manuscript No. JWHIC-24-156662 (R);

Published date: 27 December, 2024, DOI: 10.4172/2325-9795.1000533.

### Description

Ovarian cysts are fluid-filled sacs that develop on or within the ovaries. They are relatively common in women, particularly during the reproductive years and in many cases, they are harmless and go unnoticed. However, in some instances, ovarian cysts can cause significant discomfort and lead to complications if not properly managed. Understanding the causes, symptoms and treatment options is essential for women to navigate the potential challenges associated with ovarian cysts. There are different types of ovarian cysts, and they vary in size, appearance and impact on health. The most common type is a functional cyst, which forms during the menstrual cycle. These cysts develop as a normal part of ovulation and typically resolve on their own without requiring medical intervention. However, other types of cysts, such as dermoid cysts, cystadenomas and endometriomas, may require further attention due to their complexity and potential for complications.

Functional cysts are often the result of a failure in the ovary's normal functioning. For example, a follicular cyst occurs when the follicle, which contains the egg, fails to release the egg during ovulation, causing it to continue growing. Similarly, a corpus luteum cyst forms when the sac that holds the egg fails to dissolve after ovulation. These cysts are typically harmless and can resolve within a few weeks or months. Other types of ovarian cysts, such as endometriomas, develop in women with endometriosis, a condition where the tissue that normally lines the uterus grows outside of it. This can lead to cysts filled with old blood, which may cause pain, irregular periods and fertility problems. Cystadenomas are cysts that develop from the cells on the surface of the ovary and can grow large. Although most cystadenomas are benign, they have the potential to become malignant in some cases, particularly if left untreated.

Dermoid cysts, which are less common, are made up of different types of tissue, such as hair, skin and teeth. While most dermoid cysts are non-cancerous, their size and complexity can sometimes lead to complications.

The majority of ovarian cysts do not cause noticeable symptoms, especially if they are small or functional cysts. However, larger cysts or those that are more complex may present with symptoms that should not be ignored. Common symptoms include pelvic pain or pressure, bloating, irregular menstrual cycles and pain during intercourse. In some cases, women may experience nausea, vomiting or difficulty emptying the bladder. If a cyst ruptures or causes the ovary to twist, severe pain and other symptoms such as fever and dizziness can occur, requiring immediate medical attention. Diagnosis of ovarian cysts typically involves a pelvic exam, ultrasound imaging and sometimes blood tests to measure hormone levels. In many cases, the cysts are discovered incidentally during routine check-ups, as they may not cause obvious symptoms. However, if a cyst is suspected to be problematic, doctors may recommend additional imaging or diagnostic procedures to assess its size, structure and potential for malignancy.

Treatment options for ovarian cysts depend on the type, size and symptoms of the cyst. For functional cysts, the standard approach is often a watch-and-wait strategy, as they typically resolve on their own within a few months. Hormonal birth control pills may be prescribed to prevent the formation of new cysts, particularly for women who experience recurrent cysts. In cases where cysts are large, painful or potentially cancerous, surgical intervention may be necessary. Laparoscopic surgery is the preferred method for removing cysts, as it is minimally invasive and requires only small incisions. Preventing ovarian cysts is not always possible, but regular gynecological check-ups are important for early detection. Women with certain risk factors, such as a family history of ovarian cancer or endometriosis, may require more frequent monitoring. Maintaining a healthy lifestyle, including regular exercise, a balanced diet and avoiding smoking, can help promote overall reproductive health.

### Conclusion

Ovarian cysts are a common concern for many women, and while most are benign and do not cause significant problems, it is essential to be aware of the potential symptoms and risks associated with them. Early diagnosis, careful monitoring and appropriate treatment can help manage the condition effectively and prevent complications. Women experiencing symptoms should consult with a healthcare provider for evaluation and to discuss the best course of action for their health.

**Citation:** Dumu A (2024) Managing Pain and Complications Caused by Ovarian Cysts. *J Womens Health* 13:6.