

EVERYTHING YOU NEED TO KNOW ABOUT OVARIAN CYSTS

Globally, around [7%](#) of women are detected with an ovarian cyst at some point in their life, however, the epidemiology around ovarian cysts is still obfuscatory due to a lack of consistent reporting. Having said that ovarian cysts are fairly common among women and the vast majority of ovarian cysts are benign (non-cancerous), but there can be exceptions wherein some may be detected as malignant (cancerous) or they may become cancerous with time. Given that most don't cause baffling symptoms there is a good chance that even you might have had an ovarian cyst and you were unaware of it. Therefore it is imperative to get thoroughly checked for any conditions and you can easily find a **gynecologist in Ajman**, for consultation.

WHAT ARE OVARIAN CYSTS: OVERVIEW

Women, in general, have two ovaries on each side of the uterus, each of which is approximately the shape and size of an almond. Fluid-filled sacs or pockets located either in an ovary or on its surface are ovarian cysts. In most cases, they present little to no discomfort and are generally harmless, however, some might require surgery. The size of ovarian cysts ranges from that of a pea to an orange.

TYPES OF OVARIAN CYSTS

The most common kind are functional cysts that form during the menstrual cycle. In most cases they are non-cancerous.

Follicle cysts: In a regular menstrual cycle, an egg is released by the ovary each month. This egg then develops inside a tiny sac known as a follicle, on maturation, the follicle breaks open to release the egg. Now when the follicle does not break to release the egg, follicle cysts form. Generally, follicle cysts lack symptoms and go away in 1-3 months.

Corpus luteum cysts: when the follicle ruptures and releases the egg, the empty follicle shrinks into a group of cells called corpus luteum. For some reason, if the sac does not shrink, then corpus luteum cysts are formed. In most cases, these cysts go away in a matter of a few weeks, but with fair warning, they can grow nearly four inches wide. Occasionally one may experience some bleeding or pain if the ovary is twisted. If you're looking for a consultation regarding corpus luteum cysts and need to be evaluated you can visit a **gynecologist in Ajman** at Thumbay University Hospital.

The other benign types include:

- **Endometrial Cyst:** This occurs when the lining of the uterus grows outside of the uterus.
- **Dermoid Cyst:** These bizarre come with structures like hair, teeth, skin glands, etc. These cysts develop during the reproductive years of a woman, and they usually grow slowly and do not become tender unless they are ruptured.

- **Cystadenomas:** They are benign proliferative cysts that can sometimes grow very large and contain enormous amounts of fluid.

Now given that these are generally categorized as benign, one must get themselves checked and evaluated to minimize the risk of serious medical problems. If you're looking for the **best gynecologist in Ajman**, Thumbay University Hospital houses the best medical experts that can provide you with accurate diagnoses and advise

WHAT CAUSES OVARIAN CYSTS?

Majorly most ovarian cysts develop due to the menstrual cycle but certain factors heighten the chances of developing ovarian cysts. Let's take a closer look at some of them.

- Hormonal problems: In the case of functional cysts they usually go on their own without any specific treatment. These cysts could occur as a result of hormonal imbalances or can be caused by the intake of drugs that help in ovulation.
- Endometriosis: Women that have endometriosis are at the risk of developing a certain kind of ovarian cyst called an endometrioma. Essentially what this means is that the endometriosis tissue might attach to the ovary to form a new growth outside. These can become painful during intercourse or menstruation. If you're experiencing any pain, and need to be examined you can easily get hold of a **gynecologist in Ajman**.
- Pregnancy: During the early onset of pregnancy usually, an ovarian cyst develops to help support the pregnancy until the formation of a placenta. Occasionally if the cyst remains until later in the pregnancy then it has to be surgically removed.
- Pelvic infections: Some ovarian cysts can develop in women as a result of pelvic infections. The infection can spread to the ovaries and fallopian tubes and give rise to cysts.

TREATMENT OF OVARIAN CYSTS

When it comes to the treatment of ovarian cysts, several factors come into play. Your age, the frequency of your periods, the size of the cysts, their overall appearance, etc are all taken into consideration. Ideally, functional cysts normally shrink on their own in about 1-3 months. However, if you do have a functional cyst, your gynecologist might want to examine you again in 1 or 2 months to check on the status of the cyst. At times if you frequently develop cysts, some doctors might even suggest birth control pills prevent ovulation. Functional cysts ideally don't form if you don't ovulate.

DO OVARIAN CYSTS NEED SURGERY?

In the majority of the cases no they don't require surgery, like it was mentioned earlier, you may have even had a cyst and you're unaware of it. However, there are always exceptions, in cases where the cysts are persistent and large, then the need for surgery may arise. Surgery can also be advised if your gynecologist feels that the cyst is malignant (cancerous) or has the possibility of becoming malignant.

Surgery might be recommended in the following cases

- When cysts continue to persist after multiple menstrual cycles
- If the cyst gets larger
- If the cyst looks unusual in an appearance on a sonogram
- If the cyst becomes painful

TYPES OF SURGERY FOR OVARIAN CYSTS

1. **LAPAROSCOPY:** In this kind of surgery, small cuts are made in the stomach and then gas is blown into the pelvis to allow the surgeon easy access to the ovaries. Using a small tube-shaped microscope called a laparoscope, the surgeon can see the internal organs and remove the cysts via the cuts made on the stomach. This is a preferred method as it is less painful and the recovery time is swifter. If you're looking for expert medical advice you can visit the **best gynecologist in Ajman** at Thumbay University Hospital.
2. **LAPAROTOMY:** If the cyst happens to be unusually large, then chances are that it could be malignant, hence in such a case a laparotomy is recommended. During this procedure, a much larger cut is made on the stomach to enable the surgeon with better access to the abdomen. In a laparotomy, the entire cyst or ovary is removed, and then it is sent for examination to check whether it's malignant.

LIVING WITH OVARIAN CYSTS: THE LONG-TERM OUTLOOK

In most cases, the cysts disappear within a few months. However persistent, recurring and ruptured cysts if left untreated, can cause serious problems. If you know that you have a cyst and if you experience any discomfort or pain, it's best to seek professional medical help right away.

WHERE TO FIND THE BEST **GYNECOLOGIST IN AJMAN?**

If you're wanting to seek expert medical advice, and need world-class health facilities that offer state-of-the-art infrastructure and house the **best gynecologist in Ajman**, then book an appointment today at Thumbay University Hospital.