

Living with Ovarian Cysts

Corpus luteum cysts can grow to almost four inches wide.

1 Introduction

Ovarian cysts are fluid-filled sacs that form in or on the surface of the ovary. These cysts are common and do not usually cause symptoms, going away in a few months without needing treatment. In more severe cases, ovarian cysts can become twisted or rupture, causing serious symptoms that require a physician's attention.

2 Types

The most common type of ovarian cysts are functional cysts. These are not disease related and occur as a result of ovulation. These cysts can be a sign that the ovaries are functioning as they should. There are two types of functional cysts:

- Follicular cyst — forms when the follicle doesn't release an egg and instead fills with fluid and continues to grow.
- Corpus luteum cyst — forms after the egg is released. Fluid collects in the corpus luteum, causing it to grow. These cysts may bleed or twist the ovary and cause pain.

3 Symptoms

Most ovarian cysts are small and cause no symptoms. Larger cysts may cause symptoms including:

- Pelvic pain that can come and go
- Bloating or a swollen abdomen
- Pain during intercourse
- Pain during bowel movements
- Painful menstrual periods
- Nausea or vomiting

4 Treatments

Functional cysts often do not need treatment and go away on their own within 8 to 12 weeks. If treatment is needed, it will differ for each patient depending on a number of factors, including the size and appearance of the cyst, whether there are any symptoms and whether the person has been through menopause. Ovarian cysts are usually harmless enough that prevention shouldn't be a concern, though symptoms should be reported to a physician.

Did you know?

Less than 1% of ovarian cysts are cancerous.

For more information on ovarian cysts and supportive resources, please visit [womenshealth.gov](https://www.womenshealth.gov).

References:

<https://www.mayoclinic.org/diseases-conditions/ovarian-cysts/diagnosis-treatment/drc-20353411>

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