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For women, hearing ovarian cysts disease is very scary. The disease becomes a terrible disaster, because it can not lead to the offspring. But with today's technological advances, ovarian cysts can be cured. Basically, ovarian cysts are not harmful. What causes difficult problems getting pregnant and other complications when the cyst is not worked out properly. Ovarian cysts are fluid-filled lumps that develop in a woman's ovaries. This condition is often experienced by women. The presence of cysts in the ovaries is difficult to detect because it does not cause symptoms. New cysts appear to have symptoms when they develop. Thus, women are good at early detection. Learn the symptoms before it's too late to deal with them. The sooner we know, the easier it will be to overcome it. Recognize the symptoms and causes of cysts Beware of some of the following causes cysts offspring, mothers or grandmothers suffer from similar cysts, experience hormonal imbalances, rarely exercise. Smoking, drinking alcohol, eating ready meals containing preservatives, flavors and dyes can also cause tumors to grow in general. Every woman should be familiar with the symptoms of an ovarian cyst. Where the symptoms that may occur due to the lack of cysts include; changes in the menstrual cycle become irregular, bleeding outside the menstrual cycle, pain in the lower abdomen, palpable lumps in the lower abdomen. If the cyst is large enough, there will be symptoms such as: frequent urination, rapid satiety, pain in defecation, nausea, pelvic pain during intercourse, severe menstrual pain and pelvic pain outside of menstruation. In most cases, we are usually unaware of the presence of ovarian cysts in the body. Because basically the presence of cysts often does not cause symptoms. However, you will feel the symptoms if you have a cyst that has increased, ruptured, infected and twisted in order to block blood flow to the ovaries. Functional cysts and pathological cysts, what's the difference? Ovarian cysts are divided into two main types, namely functional cysts and pathological cysts. Functional cysts are cysts that are often experienced by women and can contract on their own. The cyst is formed because the egg increases during the fertile period not until it is torn (ovulation) due to hormonal disorders. The cyst will contract again when the hormonal disorder returns to normal. These common cysts are harmless and can disappear on their own. The second type of cyst is a pathological cyst. Unlike functional cysts, pathological cysts contain abnormal cells. The category of cysts occurs due to abnormal cell growth. There are several types of pathological ovarian cysts such as: Cysts containing a flesh fluid called Serousum cysts containing viscous liquid fluid Musinosum cysts, cysts containing adipose tissue, hair and cartilage called dermoid cysts, cysts containing brown fluid such as menstrual blood called brown cysts or endometriosis cysts. Ultrasound can detect ovarian cysts to see if we have cysts or it's not worth checking in the first place. Ultrasound. It is used to detect the presence of ovarian cysts and know their size. During the examination, the doctor will place the ultrasound device on the abdomen, and the contents of the abdominal or pelvis can be seen on the display of the monitor screen. If necessary, ultrasound examination is carried out with the help of vaginal or transvaginal ultrasound. Your doctor will advise you to take a blood test if the ultrasound results show that your cyst is solid or at high risk of ovarian cancer. With this test, your doctor will check the levels of a protein often called cancer antigen 125 (CA-125) in the blood. The reason is that CA-125 levels may increase in women with ovarian cancer. However, not all of the increase in CA-125 is caused by ovarian cancer. It can cause pelvic inflammatory diseases and endometriosis. Treatment of ovarian cysts can be done through observation or observation surgery performed on functional cysts. Although the operation will be performed if: the cyst is already large (size 8 cm or more), accompanied by complaints such as severe pain or abdominal pain accompanied by fever. If there are symptoms like the above, there are concerns that twisted cysts, ruptured cysts or infected cysts need immediate treatment. With the development of technology today surgery can be done through a small incision in the stomach called surgery using a laparoscopic device. Cysts smaller than 8 cm can be operated on with laparoscopy. When the cyst is large and is suspected there is sticking with the surrounding organs the surgery is performed not in a laparoscopic way, but with laparotomy surgery i.e. with an incision in the lower abdomen to open the abdominal cavity. The action is to remove the cyst only or remove the ovaries depending on the patient's age, type of cyst and degree of difficulty. Cysts can affect all age groups, children, adolescents and adulthood. Most of them occur in the reproductive age of 20 years to 35 years. Therefore, we should consult your doctor regularly or consult your doctor immediately if the above symptoms occur. It is expected that after reading this review ovarian cysts do not become a terrible disaster anymore for women, because when it is known quickly and handled properly the disorder that can cause difficulties of conception can be avoided. Speaker : Dr. Andy Nina Mallarangeng, SpOG obstetrician-gynecologist Awal Bros Pekanbaru Share: Ovarian cysts are a common problem that can occur in any woman, especially in women who are still menstruating. Cysts are not really a serious problem because they can disappear on their own. However, there are also cysts that can cause painful symptoms and need special treatment to cure them. When should ovarian cysts be operated on? Can ovarian cysts be dangerous? The ovarian cyst is a small bag filled with fluid that is formed on the ovaries. During the menstrual cycle, these cysts usually appear and may disappear on their own without your knowledge, as they do not cause symptoms. However, ovarian cysts that remain to grow and increase can cause various painful symptoms. Thus, enlarged or swollen stomach, pelvic pain before and after menstruation, pelvic pain during intercourse (disparaging abdominal disorder, nausea and vomiting, , weak, and feeling like fainting. Breathing gets faster. If you experience these symptoms, it means that you need immediate medical treatment. These symptoms may indicate that the cyst has ruptured or disintegrated. Sometimes, these large, torn cysts cause severe bleeding. The above symptoms may also indicate the ovarian torque (twisted ovaries). It's an emergency and a danger. When should ovarian cysts be operated on? When ovarian cysts need special treatment, you can determine the following: the size and appearance of cysts. Symptoms that you feel. Whether you are already going through menopause or not, it is because women who have menopause and ovarian cysts have a higher risk of developing ovarian cancer. So, if you have a cyst after you have gone through menopause, then you need to have surgery to remove the cyst. In addition to menopause causes, ovarian cysts should be operated upon if: Cysts do not disappear after going through multiple menstrual cycles for at least 2-3 months. The size of the cyst becomes larger, the cyst is larger than 7.6 cm. Cysts look unusual in ultrasound, for example, cysts, rather than in simple functional types of cysts. Cysts cause pain. Cysts can develop into ovarian cancer. Two types of surgery to remove ovarian cysts If you feel symptoms due to a larger cyst, it is best to talk to your doctor whether you need to have surgery immediately or not. There are two types of surgery that you can choose to remove the cyst, namely: This procedure is surgery with less pain and requires more time to recover The operation is carried out by inserting a laparoscope (a small tubular microscope with a camera and light at the end) into the stomach through a keyhole or a small incision in the abdominal cavity. Then, the gas is filled into the stomach to make it

easier for the doctor to perform the action. The cyst is then removed and the incision in the stomach is covered with a seam that can dissolve. This surgery is performed if the size of the cyst is already very large or there is the possibility of cysts developing into cancer. Laparotomy is performed by a single incision in the stomach, then the doctor removes the cyst and closes the incision again with stitches. If your cyst does not require surgery, your doctor may advise you to take painkillers to relieve pain. In addition, your doctor will prescribe you contraceptives such as pills, vaginal rings, or injections to help prevent ovulation. This can reduce your chances of developing more cysts. Hello Health Group and Hello Sehat do not provide medical advice, diagnosis or treatment. Please check our editorial policy page for more information. Ovarian cysts are fluid-filled bags that grow on a woman's ovaries. These cysts usually appear during fertile periods or during women's menstruation. Each woman has two ovaries (ovaries), one on the right and one on the left side of the uterus. These ovaries the size of walnuts are part of the female reproductive system. The ovaries serve to produce eggs every month (from puberty to menopause), as well as the production of hormones estrogen and progesterone. Ovarian function can sometimes be impaired, cysts include a type of disorder that often occurs. Symptoms of ovarian cysts Most cysts are small in size and do not cause symptoms. These cysts tend to disappear on their own without treatment. New cysts cause problems if they don't disappear or get bigger. In these conditions, sufferers may feel pain in the pelvic area or flatulence. Serious conditions can occur when cyst ruptures or ovarian tissue are twisted, so it requires immediate treatment. The causes of ovarian cysts forming ovarian cysts depend on various factors. This may be due to the menstrual cycle as well as the abnormal growth of cells. Although there is abnormal cell growth, ovarian cysts are usually benign. Treatment of ovarian cysts Treatment ovarian cysts is carried out depending on the age of the patient, the type or size of the cyst. several treatment options for ovarian cysts, one of which is only routinely monitored only if the cyst is still small and does not cause symptoms. However, if the cyst is enlarged, you can have performed a cyst removal operation. It is difficult to prevent the onset of cysts. However The pelvis can be regularly monitored in case of changes in the ovaries. The examination should also be carried out if it is out of normal time. Last Updated May 21, 2019 2019 indikasi operasi kista ovarium pdf

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