

OVARIAN CYSTS

Ovarian cysts (oh-vare-ree-uhn sists) are fluid-filled sacs that form in or on the ovaries (OH-vuh-reez), a pair of organs in the female reproductive system. The ovaries are located in the pelvis, one on each side of the uterus. Each ovary is about the size and shape of an almond. The ovaries produce eggs and are the main source of the female hormones estrogen (ESS-truh-juhn) and progesterone (proh-JESS-tuh-rohn).

- The most common type of ovarian cysts is a functional cyst. Functional cysts often form during the menstrual cycle.
- Many ovarian cysts don't cause symptoms. Others can cause symptoms such as pelvic pain, abnormal bleeding, and weight gain.
- Doctors most often find ovarian cysts during routine pelvic exams. Once the cyst is found, tests are done to help plan treatment.
- If you have an ovarian cyst, there are a few treatment options:
 - Watchful waiting
 - Surgery
 - Birth control pills
- Ovarian cysts cannot be prevented. However, most cysts don't cause symptoms, are not cancerous, and go away on their own.
- Most functional ovarian cysts occur during childbearing years. Women who are past menopause and have ovarian cysts are at a higher risk of ovarian cancer.
- If you think you have a cyst, see your doctor.

FOR MORE INFORMATION

Agency for Healthcare Research & Quality (AHRQ), HHS

Phone number: (301) 427-1364

Internet address: <http://www.ahrq.gov>

Eunice Kennedy Shriver National Institute of Child Health and Human Development (NICHD), NIH, HHS

Phone number: (800) 370-2943

Internet address: <http://www.nichd.nih.gov/womenshealth>

American Academy of Family Physicians (AAFP)

Phone number: (800) 274-2237

Internet address: <http://familydoctor.org>

American Congress of Obstetricians and Gynecologists (ACOG)

Phone number: (202) 638-5577

Internet address: http://www.acog.org/publications/patient_education/bp075.cfm

American Society for Reproductive Medicine (ASRM)

Phone number: (205) 978-5000

Internet address: <http://www.asrm.org>

InterNational Council on Infertility Information Dissemination Inc. (INCIID)

Phone number: (703) 379-9178

Internet address: <http://www.inciid.org>

For an in-depth look at ovarian cysts, visit [womenshealth.gov](http://www.womenshealth.gov) at <http://www.womenshealth.gov/faq/ovarian-cysts.cfm>.



womenshealth.gov

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