

Management of ovarian cysts in premenopausal women in secondary care in Qatar

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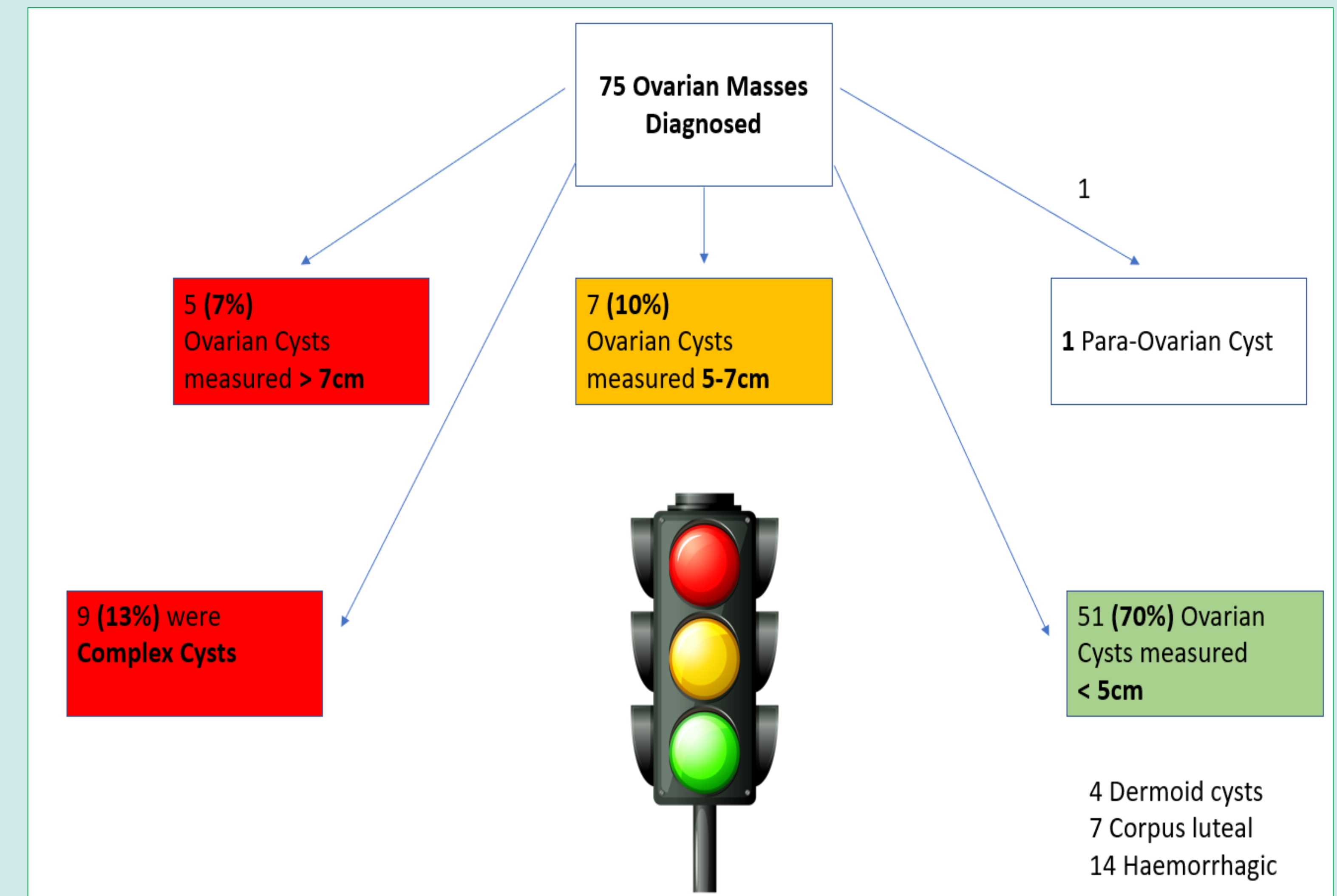
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Background

- Accuracy of detection of ovarian cysts has improved significantly with increased use of transvaginal sonography, CT and MR imaging. Although mostly asymptomatic, surgery may be indicated by severe pain or suspected torsion despite the need to avoid unnecessary operations in younger women not to compromise future fertility. The exclusion of malignancy is essential, and there are established unit management guidelines. The aim of this study was to audit management of premenopausal women presenting to Al Wakra Hospital with ovarian cysts against the hospital guidelines.

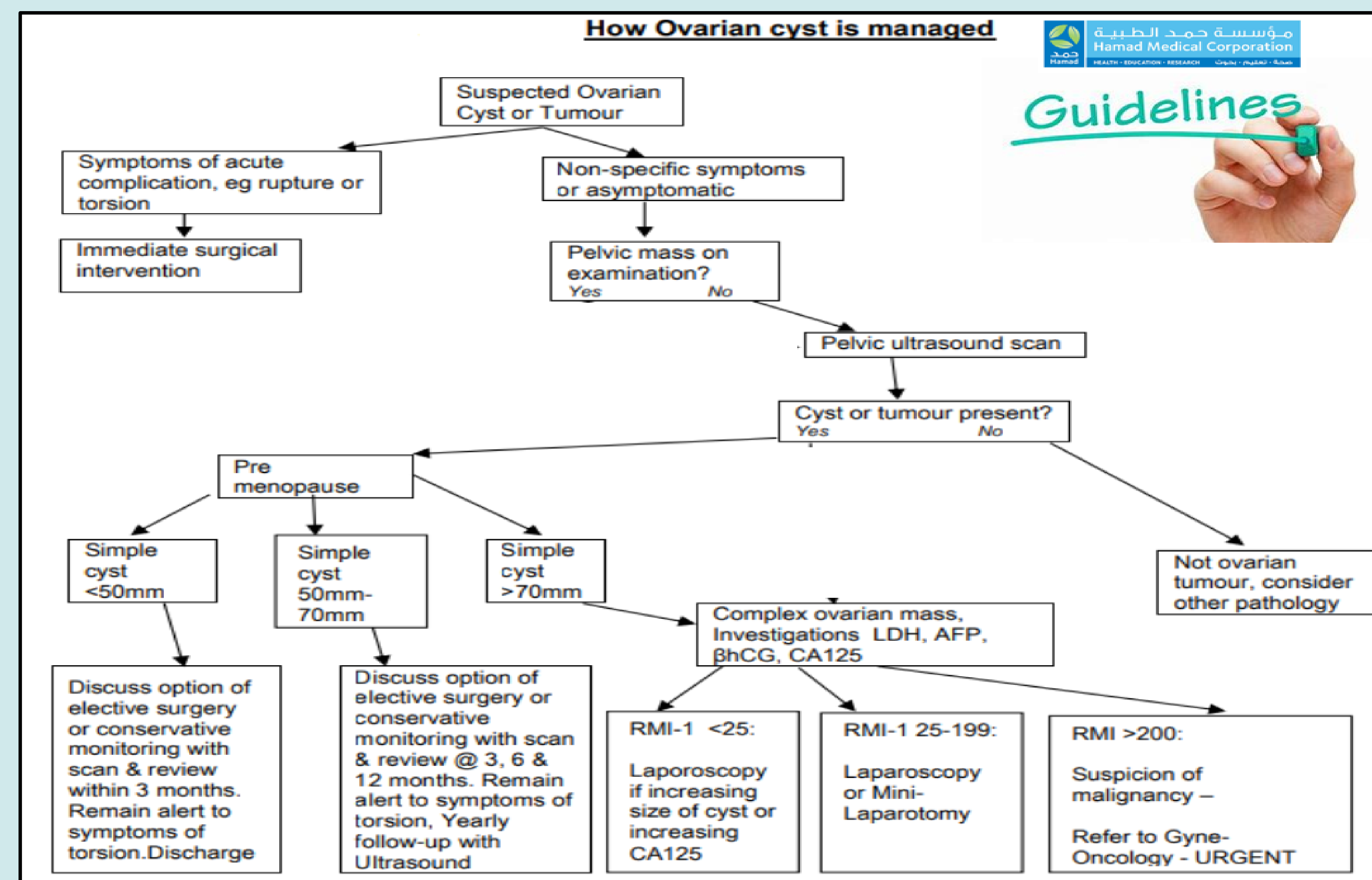
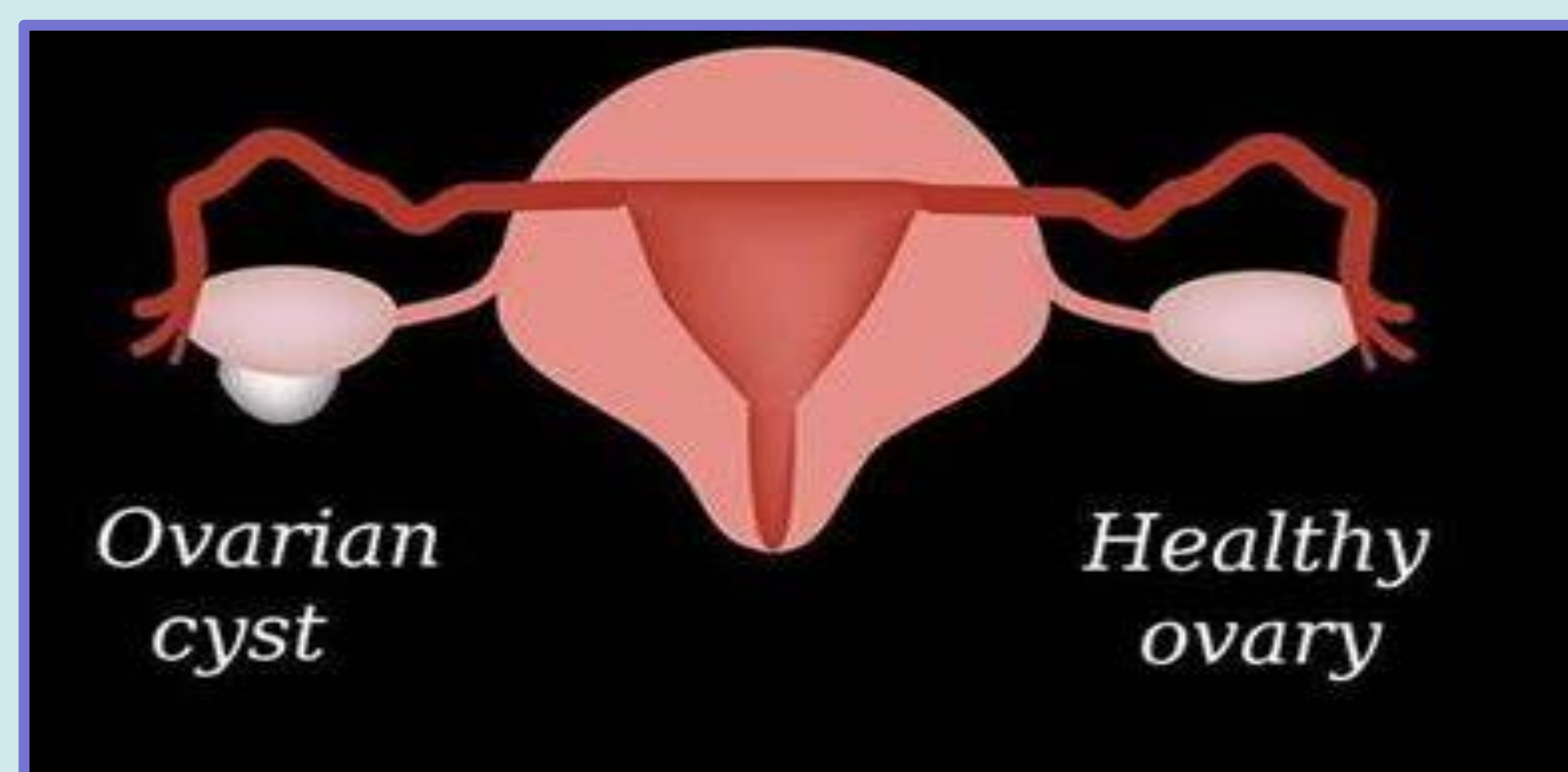
Result

- There were 75 women diagnosed during the audit period, and transvaginal ultrasound was performed in all cases. Notably 77% of the cysts measured below 5 cm, 24% being hemorrhagic and 10% benign dermoid cysts. Around half (54%) of these small cysts were simple cysts compared with 67% in those measuring 5-7 cm, with (33%) more complex cysts in the latter group. Only 11% were >7 cm, a third of which were simple, and a quarter were dermoid cysts. 77.3% of the women were managed conservatively uneventfully, 10 underwent laparoscopic surgery, 6 required open surgery and only 1 needed tertiary referral for gynaecological oncology review.



Method

- A retrospective audit of ovarian cyst management in premenopausal women between 2019-2021. Data recorded included the demographics, presentation, imaging findings, management and outcomes.



Conclusions

- The majority of women were managed in line with unit guidelines and good outcomes although there was a tendency for unrecommended tumor marker requests with some protocol deviations. The outcome of conservative management was good overall particularly in cases with reassuring transvaginal ultrasound.

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