



## Ovarian benign tumor 認識卵巢良性腫瘤(英文)

### Ovarian function

Ovaries are attached to the uterus, one on each side. It is the female reproductive organ. The functions of the ovaries are to produce oocyte (eggs) and to secrete hormone. After menopause, the ovary ceases to function and its cortex becomes fibrosis.

### The cause of benign ovarian tumor

The causes for ovarian tumor are still unknown; generally speaking, the most common ovarian tumors were benign. There are also malignant ovarian cancer related to risk factors like low parity, infertility, early menarche, and late menopause.

### Clinical feature

1. usually no specific symptoms
2. dullness pain or discomfort at the infected side
3. sometimes it causes severe abdominal pain due to the tumor torsion or rupture
4. irregular menstruation period
5. abnormal vaginal bleeding
6. palpable lower abdominal mass
7. upset gastrointestinal symptoms, such as poor appetite

### Treatment

1. If the patient is not too old, physicians often prescribe oral contraceptive medication to suppress ovarian function and further reduce the risk of functional ovarian cancer.
2. If the tumor is small, patients are recommended to do follow-ups at the out-patient department, but if the tumor continues to grow big with multiple cysts, or when abnormal blood flow is discovered with

ultrasonography, patients are suggested to undergo laparotomy or laparoscopic operation as the treatment.

3. If after menopause the patient's adnexa organs like ovary or fallopian tube grow big at a prompt speed, laparotomy operation is then strongly recommended.

### Post-operation plan

If you are recommended to do follow-up checks or oral medication treatment, follow the instructions given by the doctors and visit the out-patient department regularly.

1. One week after being discharged from the hospital, you ought to return to the hospital for subsequent consultation.
2. After bilateral oophorectomy, you may consider taking hormone as therapy; if you do not have oophorectomy, you should have ultrasonography follow-up check regularly
3. Avoid hot and spicy stimulating foods; just keep up with your regular diet and exercise.
4. After being discharged from the hospital, return to the hospital if you have the following conditions:
  - i. fever up to 38 degree Celsius
  - ii. severe lower abdominal pain
  - iii. abnormal discharge with foul odor from operation wound