



- **Study Report:**
  - **Address of the article:** Laparoscopic Management of Huge Ovarian Cysts.
  - **Name of the Journal:** Hindawi Publishing Corporation-Obstetrics and Gynecology international.
  - **Name of Authors:** A. Alobaid, A. Memon, S. Alobaid and L. Aldakhil
  - **Year of Publication:** 2013
  - **Number of pages:** 4 pages.
  
- **What Is The Paper About?**
  - In this article the authors aim to evaluate the safety, effectiveness, and feasibility of operative laparoscopy in the management of huge ovarian cysts reaching above the umbilicus.
  - The title is appropriate for the article and represents the major aspect which has been discussed in it.
  
- **Research Question:**
  - How safe is laparoscopic management of huge ovarian cysts?
  - The research question was clearly stated.
  
- **Objectives and Hypothesis:**
  - Huge ovarian cysts are conventionally managed by laparotomy. In the article, 5 cases with huge ovarian cysts which were managed by laparoscopic endoscopic surgery without any complications are presented.
  - The objective is clearly defined and appropriate for the research design.
  
- **Study Design and Data Collection:**
  - The study design was retrospective including 5 cases of huge ovarian cysts managed successfully by laparoscopy. All surgeries were performed in the Women's Specialized Hospital, King Fahad Medical City Hospital in Riyadh, by the principle author. The surgeries were performed between April 2009 and December 2010.
  
- **Study Population:**
  - 5 patients who had their surgeries conducted in a tertiary care center in Riyadh, Saudi Arabia (King Fahad Medical City) were described. If the history, physical examination and radiological findings were in favor of a benign nature of the cysts, then the patient would be selected for endoscopic approach. Tumor markers were requested for all patients. Informed consent was taken for possible conversion to laparotomy in case of technical difficulties or if there is an incidental finding of malignancy. All surgeries were performed under general anesthesia.
  
- **Ethical Considerations:**
  - The ethical considerations were not mentioned in this article.



- **Data and Statistical Analysis:**

- THIS WAS NOT MENTIONED IN THE ARTICLE BUT HERE ARE SOME IMPORTANT STATISTICAL INFORMATION WHICH I COULD FIND. The mean operative time was 104 minutes. The mean volume of fluid drained from the cysts was 5200 ml. Four patients had serous cystadenoma and one had mucinous cystadenoma. Three tocars were used in all patients except one in whom four tocars were used as she had Laparoscopic-Assisted Vaginal Hysterectomy (LAVH). All patients tolerated the procedure well. There were no intraoperative or postoperative complications.

- **Results (Data Presentation):**

- The tables and figures in this research were very clear:
  - ✓ Table-1: Patients' Characteristics and Operative Details.
  - ✓ Figure-1: Huge Ovarian Serous Cystadenoma Specimen From Patient (4).
  - ✓ Figure-2: Axial and Coronal (CT) Scan Images Showing A Huge Ovarian Cyst of Patient (4).
- Patients age ranged between 19 and 69 years. Tumor markers were normal for all patients. The maximum diameter of all cysts ranged between 18 and 42 cm as measured by ultrasound. The cysts were unilocular; in some patients, there were fine septations. All patients had open-entry laparoscopy. After evaluation of the cyst capsule, the cysts were drained under laparoscopic guidance, 1–12 liters were drained from the cysts (mean 5.2 L), and then laparoscopic oophorectomy was done. The final histopathology reports confirmed benign serous cystadenoma in four patients and one patient had a benign mucinous cystadenoma. There was minimal blood loss during surgeries and with no complications for all patients

- **Discussion, Interpretation and Conclusion:**

- The authors concluded that there is still no consensus for the size limitation of ovarian cysts decided to be a contraindication for laparoscopic management. With advancing techniques, proper patients selection, and availability of experts in gynecologic endoscopy, it is possible to remove giant cyst by laparoscopy.

- **Your Personal Reflection:**

- I consider the topic of ovarian cysts to be very interesting to me. I have recently written a case history about a young female (17 years) who has a large right ovarian cyst (measuring 7 cm) which was planned to be removed through laparoscopy. This article was very valuable regarding my case and helped to understand it in a more proper way. I understand that ovarian cysts are very common and usually they cause no symptoms and most of them will regress by their own, but large ovarian cysts which can produce symptoms or complications such as torsion or rupture must be removed, and the best way to do that is through laparoscopic management done under and expert gynecologist.