Diagnosis of ovarian cysts in an 18-year old female college lacrosse player: A case study  
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Background Information: The current case presents an 18 year old female Division III lacrosse player who had started experiencing abdominal pain. Initial symptoms began as slight nausea and sharp shooting pains in her lower right quadrant of her abdomen. The pain quickly spread across the whole abdomen rated a 5/10 on pain scale. The next day, the pain grew to be a 7-8/10 on the pain scale, so the patient sought care with the athletic training staff. Differential Diagnoses: Appendicitis, ovarian torsion, and ovarian cysts. Treatment: After the patient had her initial evaluation in the athletic training room, the patient was referred to the health center and then finally to the health center where she was sent to the emergency room. A cat scan ruled out appendicitis, and revealed that her left ovary that was significantly larger than her right which led the doctors to consider ovarian torsion. A follow-up ultrasound was scheduled and ruled out ovarian torsion, but revealed bilateral ovarian cysts. The patient was prescribed Oxycodone and an anti-inflammatory to control pain. The patient followed up with a gynecologist, who told the patient that a flare caused the pain of the cysts. A second ultrasound in several month will evaluate any changes in the cysts. Uniqueness: The patient has no past history of painful menstruation. Her pain initiated on her right lower quadrant compared to the more severe condition on her left side which was unique. There was no personal or pertinent family medical history of any abdominal conditions. Conclusions: Signs and symptoms of Ovarian Cysts can vary by individual. Surgery will be necessary if the patient has returned pain. This case helps to stress the importance of early detection and reporting of any medical conditions that may be present. Word Count: 292.