

Title: Ultrasonographic signs of acute ovarian torsion: a case report.

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Background:

Strong abdominal pain is one of the main symptoms of acute ovarian torsion, a gynecological emergency. Without proper treatment it may lead to ischaemia, necrosis, and consequently to losing function of the uterine appendages as well as fertility. Within teenage girls the most popular case are ovarian torsions, occurring alongside cysts and ovarian tumors, but 46% of ovarian torsions come about without previously mentioned states. Treatment options consist of cystectomy, oophorectomy, salpingo-oophorectomy, contraceptives, pain relieving medications and wait-and-watch attitude. Preferred method of diagnosis is color Doppler ultrasound examination followed by a blood test, however MRI and CT scans or laparoscopic examination can also be used.

Case report:

Teenage patient was referred to the gynecology ward of the SPSK4 in Lublin with pain located in the lower, right abdomen, after an initial misdiagnosis of a dermoid cyst. After admission, diagnostic tests were conducted. Intervaginal ultrasonographic examination showed edema and the whirlpool sign of the right ovary. The patient was diagnosed with a torsion of the right ovarian peduncle. The patient was given diastolic drugs and was discharged in good general condition two days later after the symptoms had resolved. Final USG showed normally vasculated corpus luteum. The patient was instructed to follow up in the clinic after a month and advised to prophylactically take a two-component hormone tablet for 3 months from the beginning of the next menstrual cycle. The following ultrasound examination showed a normal image of the reproductive organ. Additionally, the ovarian reserve was assessed by marking the AMH level. The result indicated a normal ovarian reserve.

Discussions & Conclusions:

Among the various treatment options, the wait-and-watch attitude turned out to be the best solution. It is particularly important in case of young patients, who are planning pregnancy in the future. For the purpose of prevention, it is worth using contraceptives.