

Biomedical importance of food and diet in ovarian cysts occurrence

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Background

Diet and food have been reported to have a significant role in ovarian cysts occurrence. This study was carried out to determine the role played by diet in ovarian cysts development and occurrence.

Methods

Participants included 384 females with ovarian cysts were admitted to hospitals or medical centers during 2001-2006. Study participants were interviewed using a structured questionnaire to elicit a lifetime history of a variety of demographic, medical, and lifestyle factors. Standard diet questionnaire was also used to evaluate the usual diet in cases during 5 years before ovarian cyst diagnosis. Data were analyzed using Chi-Square or T-test.

Results

Our findings showed that majority of patients were at age between 22 and 36 (63.4%) and mean ages were 31.94, 31.34 and 32.5 years old for follicular, corpus luteum and dermoidal cysts, respectively. There was significantly lower consumption of meat and cereal food groups in patients than standard recommended orders ($P < 0.05$).

Conclusion

Our findings indicate that occurrence of ovarian cysts was prominent in reproductive age range, and lower consumption of meat and cereal food groups had considerable role in ovarian cysts development.