

Theca Lutein Cysts in Pregnancy: A Reversible Condition

Quistos Teca-Luteínicos na Gravidez: Uma Condição Reversível

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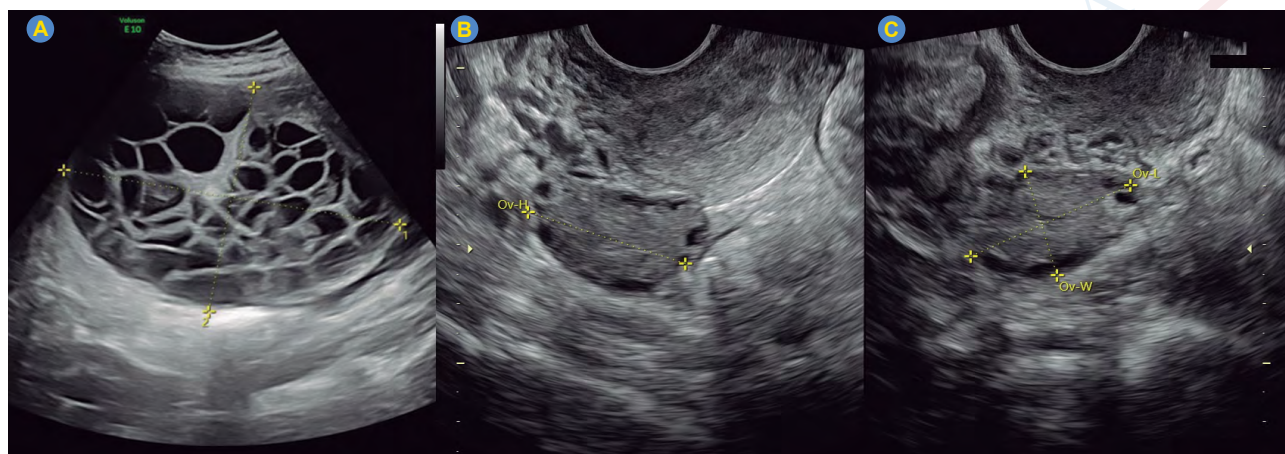


Figure 1 – (A) Ultrasound shows an enlarged right ovary measuring 14 × 9.8 cm, containing an anechoic, multilocular mass with a maximal diameter greater than 10 cm, smooth walls, thin septa, and no solid areas, Doppler score 1, corresponding to only one IOTA benignity criterion (B5), without malignancy criteria. **(B, C)** Ultrasound findings six weeks postpartum of the right ovary with normal morphology and size.

Theca lutein cysts (TLC) are a pregnancy-related condition with scarce data available, and characterized by bilateral ovarian enlargement.¹ Although their exact etiology is unclear, they are associated with elevated circulating human chorionic gonadotrophin levels, which can be caused by conditions such as multiple pregnancies, gestational trophoblastic disease, or choriocarcinoma.^{1,2} Diagnosis is usually incidental and occurs during an ultrasound or cesarean section. Uncommon complications include pain, cyst rupture or torsion.²

Theca lutein cysts usually regress spontaneously postpartum; however, they may be misinterpreted as ovarian malignancy, leading to unnecessary oophorectomy.^{3,4} Therefore, accurate recognition is essential, and ultrasound monitoring during pregnancy and the postpartum period is recommended.^{3,4}

We report the imaging findings of an asymptomatic 28-year-old woman with a spontaneous twin pregnancy and incidental bilateral TLC discovered during a routine third-trimester ultrasound, where both ovaries exhibited similar ultrasound characteristics (Fig. 1A). The patient underwent a cesarean section after going into preterm labor at 34 weeks. A six-week postpartum ultrasound revealed normal ovarian morphology and size (Fig. 1B and 1C).

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The authors declare that no AI tools were used during the preparation of this work.

AUTHOR CONTRIBUTIONS

DA: Data collection, writing of the manuscript.

RFJ: Writing of the manuscript.

AE: Study design, data collection, critical review of the manuscript.

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PROTECTION OF HUMANS AND ANIMALS

The authors declare that the procedures were followed according to the regulations established by the Clinical Research and Ethics Committee and to the Helsinki Declaration of the World Medical Association updated in October 2024.

DATA CONFIDENTIALITY

The authors declare having followed the protocols in use at their working center regarding patients' data publication.

PATIENT CONSENT

Obtained.

CONFLICTS OF INTEREST

The authors have no conflicts of interest to declare.

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