



alternative  
surgery.com

# Ovarian Cysts

## What Are My Options?

written by:

**Tirso del Junco Jr., M.D.**

Founder/Medical Director  
Institute for Female Alternative Medicine

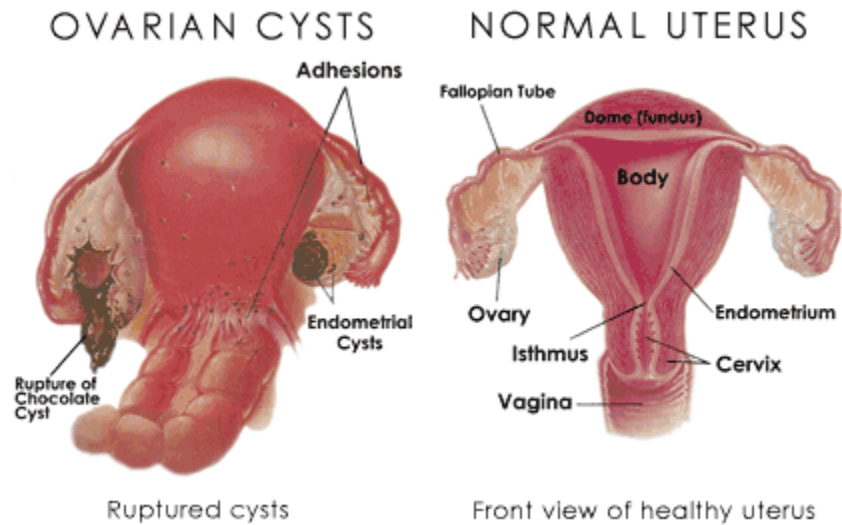


## CONTENTS

Ovarian Cysts .....	4
What are Follicular Cysts? .....	4
Diagnosis .....	4
Treatment .....	4
What are Corpus Luteum Cysts? .....	5
What are Endometriomas / Chocolate Cysts? .....	5
What are the symptoms of Ovarian Cysts? .....	5
Do Ovarian Cysts cause infertility?.....	5
How are Ovarian Cysts diagnosed? .....	6
Physical Exam .....	6
Blood Test.....	6
X-Ray Studies.....	6
How are Ovarian Cysts treated?.....	6
Female Alternative Surgery .....	6
About Dr. Tirso del Junco Jr. ....	7
Media .....	7
Education .....	7
Examinations.....	8
Clinical Training .....	8
Political Appointments .....	9
Medical Appointments.....	9
Medical Practice.....	11
About The Hospital .....	11
Admission Information:.....	12
Items needed for admission: .....	12

Before, During and After Surgery .....	13
During the Operation .....	13
After the Operation .....	13
Nursing Staff.....	13
Hospital Facilities.....	13
Laboratory Services .....	13
Radiology.....	14
Your Stay .....	14
Financial Planning .....	14
Insurance and Pricing .....	14
Does Insurance Cover Female Alternative Surgery? .....	15
How much is the Initial Consultation with Dr. del Junco Jr? .....	15
What if I don't have insurance? .....	16
Is Financing Available?.....	16
Surgery and Calendar Information .....	17
Los Angeles Hotels.....	18
Tour of the Clinic .....	20

## OVARIAN CYSTS



Ovarian cysts are usually seen in three (3) forms:

- Follicular or Functional Ovarian Cysts
- Corpus Luteal Ovarian Cysts
- Endometrioma or Chocolate Cysts

## WHAT ARE FOLLICULAR CYSTS?

These are the most common of the benign functional cysts (functional meaning in response to a normal menstrual cycle). Each time an egg is produced by the ovary a small cyst forms. The cyst is usually very small and ruptures when releasing the egg during ovulation. If the cysts don't rupture they may continue to grow; however, as they rarely grow larger than 8 centimeters and normally shrink after ovulation, surgery is usually not required. If rupture occurs, pelvic pain may result and last 24-48 hours. The pain is due to a small amount of bleeding which is irritating to the abdominal cavity. Surgery may be indicated in cases when bleeding continues or is excessive.

## DIAGNOSIS

Ultrasound is the primary tool used to document the follicular cyst. A pelvic exam will also aid in the diagnosis if the cyst is large enough to be seen.

## TREATMENT

Follicular cysts usually resolve on their own in 3-6 weeks.

## WHAT ARE CORPUS LUTEUM CYSTS?

These are much less common than follicular cysts. Corpus luteum cysts develop after the ovary releases its egg and the formed follicular cyst changes into a small hormone producing “YELLOW BODY”, also known as the corpus luteum. If the yellow body reaches a size of greater than 3 centimeters, it is then referred to as a cyst. Rupture of these ovarian cysts occurs more often on the right side, during intercourse and during the later days of the menstrual cycle when the cysts are at their largest. If they grow too large, they may need to be surgically removed.

Smokers have a two-fold increased risk of developing functional ovarian cysts.

Oral contraceptive therapy has been known to markedly reduce the risk of the formation of the functional ovarian cysts.

## WHAT ARE ENDOMETRIOMAS / CHOCOLATE CYSTS?

This disease process is also known as Endometriosis of the ovaries. Tiny implants of cells that line the uterine cavity become transplanted and form small cysts on the outside of the ovary. These cysts enlarge and produce Endometriosis of the ovary. They respond to hormone stimulation during the menstrual cycle and produce many small cysts, which may then occupy and even replace the normal ovarian tissue.

These endometriomas are filled with a thick chocolate-type material, which is the reason they are known as “chocolate cysts”. When this type of ovarian cyst ruptures, the material spills over into the pelvis and onto the surface of the uterus, bladder and bowel and the corresponding spaces between. Adhesions can develop because of this rupture and may lead to pelvic pain.

## WHAT ARE THE SYMPTOMS OF OVARIAN CYSTS?

If these cysts remain small (less than 3 centimeters) no symptoms may result. Cysts larger than 10 centimeters cause the most common symptoms such as pelvic pain, which may present either unilaterally or bilaterally.

As with Endometriosis, pain may be worse at different points throughout the menstrual cycle. If these cysts rupture and peritoneal implants are present, the same type of debilitating pelvic pain may occur (Please see Section on [Endometriosis](#)).

## DO OVARIAN CYSTS CAUSE INFERTILITY?

Endometriomas do not appear to affect egg quality, but they can interfere with follicular development and ovulation. This situation occurs when the endometriomas adhering to the pelvic side wall cause interference with the ovulatory mechanism leading to the ovum (egg) pickup.

## HOW ARE OVARIAN CYSTS DIAGNOSED?

As with any disease, a known medical history is very important. If a patient with a known history of Endometriosis presents a pelvic ultrasound with a large ovarian cyst, there is a high probability that this will be an endometrioma.

## PHYSICAL EXAM

A pelvic exam may show no sign of a mass yielding normal results or an ovarian mass may be felt. Detection depends on the size of the mass.

## BLOOD TEST

As with Endometriosis, the previously described CA 125 blood test is used for diagnosis of endometriomas. Since this blood test is also used to diagnose ovarian cancer, care must be taken as to how the test is interpreted. Frequently, traditional gynecologists will recommend a hysterectomy and oophorectomy (removal of both ovaries) in a woman older than 40 years of age with an ovarian mass on ultrasound and an elevated CA 125.

At the Institute, we have treated many women who had these same test results and an endometrioma, but showed no evidence of ovarian cancer. It should be noted that cancer can only be ruled out by biopsy and tissue examination.

## X-RAY STUDIES

Transvaginal and abdominal ultrasounds are the most commonly used tests to diagnosis endometriomas. Transvaginal scanning has the advantage of providing additional information about the internal makeup of the ovarian mass. Accuracy in diagnosing endometriomas varies with the experience of the radiologist.

These ovarian cysts vary in appearance, from purely cystic to complex with septations, debris or even a solid consistency. This is primarily due to the thick “chocolate” material. A CT scan and MRI are seldom indicated as a primary diagnostic procedure, although if cancer is a strong consideration, using one of these may be helpful.

## HOW ARE OVARIAN CYSTS TREATED?

Contrary to Endometriosis, these cysts are primarily an ovarian process. Traditional gynecologists will address ovarian cysts with oophorectomy (removal of ovary), or the radical approach of a hysterectomy.

## FEMALE ALTERNATIVE SURGERY

First and most importantly, we confirm the diagnosis of endometriomas and rule out cancer of the ovary. We believe that women who show an ovarian cyst on ultrasound and have an elevated CA 125 should be advised that these could be secondary to an endometrioma and do not necessarily indicate cancer.

In surgery, we remove all of the “chocolate” material, taking great care not to spill any of the contents into the abdominal cavity. We then remove the inner lining of the cystic cavity, treat the surface with the argon beam laser and finally, reconstruct the ovary. At the Institute, organ preservation is our primary focus.

## ABOUT DR. TIRSO DEL JUNCO JR.



Feel free to contact Founder and Medical Director Dr. Tirso del Junco Jr. at **1.800.505.IFAM** or [click here to contact us](#).

Tirso del Junco Jr. MD started his General Vascular surgery practice in 1989 in Los Angeles, California. In the mid 1990's, he was appointed to the Department of Health Services on a Medical Oversight Committee for the State of California. In the late 1990's, Dr. del Junco Jr. was awarded the Vice Chairman seat on the California State Athletic Commission by Governor Pete Wilson.

He is currently on staff at ten well established hospitals throughout the Los Angeles area, and has served multiple Directorships, including Chief of Surgery for many.

Dr. del Junco Jr. opened the Institute for Female Alternative Medicine in 1996 and has become one of the few international surgeons offering women an effective alternative to hysterectomy.

## MEDIA

**Dr. del Junco Jr.** has appeared on various TV programs, radio shows and has been featured in numerous magazine articles discussing Female Alternative Surgery. Read more in our [Media Section](#).

## EDUCATION

### **College 1974-1976**

- Pasadena City College  
Pasadena, California

### **Medical School 1976-1982**

- Universidad Atonoma De Guadalajara  
Guadalajara, Jalisco Mexico  
1976-1980
- Post Graduate Rotating Externship  
Queen of Angeles Medical Center  
Los Angeles, California  
1980-1981

### **Social Service**

- Tecate, Baja California Mexico 1981-1982

### **Awarded Medical Degree in 1982**

## **EXAMINATIONS**

- 7/79  
ECFMG – Passed English Portion
- 6/81  
Passed Mexico National Boards
- 12/82  
Passed FLEX Examination

## **CLINICAL TRAINING**

- 12/76-1/77 General Surgery, Santa Marta Hospital  
Los Angeles, California
- 6/7-8/77 General Surgery, Santa Marta Hospital  
Los Angeles, California

- 12/77-1/78 General Surgery, Santa Marta Hospital  
Los Angeles, California
- 7/79-6/80 Rotating Externship, Santa Marta Hospital  
Los Angeles, California (4th year of Medical School is done in a U.S. hospital)
- 7/80-6/81 Rotating Externship, Queen of Angels Medical Center  
Los Angeles, California
- 7/81-8/82 Rotating Externship Centro de Salud Tecate  
Baja, California, Mexico
- 8/82-5/83 Assistant Director, Foreign Medical Program, Queen of Angels Medical Center  
Los Angeles, California
- 8/83-6/84 Surgical Internship, Martin Luther King Hospital  
Los Angeles, California
- 6/84-6/89 Surgical Residency, Martin Luther King Hospital Los Angeles, California
- 7/80-6/81 Chief Extern, Queen of Angels Medical Center [Karl Schmutzer, M.D. Director, Medical Education]
- 9/81-6/82 Extern Coordinator, Queen of Angels Medical Center [Moneim A. Fadali, M.D.]
- 7/88-6/89 Executive Chief Resident,  
Martin Luther King Hospital  
Los Angeles, California

## POLITICAL APPOINTMENTS

- 9/97 – 11/99  
Commissioner to California State Athletic Commission  
Governor Pete Wilson
- 3/97 – 5/97  
Member of Oversight Committee  
Department of Health Service

## MEDICAL APPOINTMENTS

- 10/81 – 6/83  
Member of Admissions Committee  
Universidad Autonoma de Guadalajara
- 6/91 – 1/95  
Vice Chairman, Department of Surgery  
Santa Marta Hospital
- 1/92 – 1/94  
Chairman of Quality Assurance Committee,  
Universal Medi-Co/California  
Primary Physicians/ Health Care Partners
- 1/94 – 4/95  
Chairman of ADHOC on Laparoscopic Procedures  
Santa Marta Hospital
- 1/94 – 4/95  
Chairman of Bylaws Committee  
Santa Marta Hospital
- 1/96 – 1/97  
President, Comprehensive Health Care Management, Inc.
- 2/96 – 12/99  
President/Medical Director, Mid Valley IPA
- 11/98 – 2/00  
Vice Chairman Department Surgery  
Santa Marta Hospital
- 1/00 – 6/02  
Chairman, Utilization Review and Quality Assurance Committee  
Santa Marta Hospital
- 1/01 – 1/04  
Chairman, Department of Surgery  
Santa Marta Hospital
- 1/04 to 1/05  
Chief of Staff  
Santa Marta Hospital
- 1/07 to 1/08  
Chief of Surgery  
Temple Community Hospital

- 1/09 to 12/10  
Medical Director-Wound Care Center  
Valley Presbyterian Hospital
- 1/10 to Present  
Medical Director – Wound Care Clinic  
Mission Community Hospital

## MEDICAL PRACTICE

- June 1989: Established General / Vascular Surgery Practice
- September 1996: Founded the Institute for Female Alternative Medicine

## ABOUT THE HOSPITAL



**Temple Community Hospital**, a fully accredited medical institution, has been caring for patients from around the world for more than half a century. Temple Community Hospital has been a partner in our [alternative to hysterectomy](#) for the past fifteen years.

Growing and changing with the times to meet the challenges of the next millennium, the Hospital is proud to work with Dr. Tirso del Junco Jr, a doctor who provides women with an alternative to hysterectomy for fibroids, endometriosis, adenomyosis and ovarian cysts.

Temple is a 170-bed acute care facility, centrally located in Los Angeles. It is a fully accredited hospital by the Joint Commission on Accreditation of Hospital Organizations (JCAHO), and continues annually to meet all compliance and patient safety requirements.

The medical staff and patients at the hospital reflect the ethnic diversity of the surrounding community making Temple an institution that truly understands the needs of the community it serves. This staff will be able to answer any questions you may have, and of course, Dr. del Junco Jr. will be available to answer any questions related to FAS, the alternative to hysterectomy, fibroids, endometriosis, adenomyosis, ovarian cysts, or concerns about complications.

#### ADMISSION INFORMATION:

The Admitting Department has developed procedures to make your admission to Temple Community Hospital as quick and convenient as possible. Your admission will be arranged by the Institute's staff prior to your arrival.

---

#### ITEMS NEEDED FOR ADMISSION:

1. All medical insurance information
2. Required identification
3. Necessary documents as advised by the doctor.
4. Pajamas or nightgown
5. Robe
6. Slippers
7. Personal toiletries
8. Panty Girdle

We suggest that you do not bring jewelry or other valuable possessions as we cannot assume responsibility for them. However, if necessary, we have a vault on premises for limited storage.

Any medications you bring with you should be turned over immediately to your nurse. While you are an inpatient, medication not prescribed by your attending physician may not be taken, and will be returned to you at the time of

your discharge. Please let your physician know of the medications you are taking to avoid incurring an adverse reaction to those that are prescribed or administered during your stay.

## BEFORE, DURING AND AFTER SURGERY

### Before the Operation

Prior to surgery, all patients are required to sign an authorization for the surgery. Unmarried patients under the age of 18 will require a parent or guardian's signature.

Except for pre-operative medications, all food, drink and other medications will be withheld after midnight on the day of your surgery.

If you are scheduled to be admitted to the hospital on the day of your surgery, you must arrive at least two hours prior to the surgery time.

## DURING THE OPERATION

Surgery at Temple Community Hospital is performed in one of our six modern, fully equipped Operating Rooms. During the course of your operation, Dr. del Junco Jr. will be assisted by an assistant surgeon, anesthesiologist, registered nurse and additional necessary support staff.

## AFTER THE OPERATION

Immediately following surgery, you will be taken to the Recovery Room, where you will receive continuous nursing care until you return to your hospital room.

## NURSING STAFF

The hospital has five Nursing Stations, staffed by Registered Nurses (RN's), Licensed Vocational Nurses (LVN's), Nursing Assistants, and a Nursing Supervisor on duty 24 hours per day. If you have concerns or questions, each nursing unit has a Charge Nurse on duty at all times to address those issues.

## HOSPITAL FACILITIES

### LABORATORY SERVICES

Our on-site laboratory is in operation 24 hours daily, performing a wide range of routine and emergency testing. We utilize state-of-the-art equipment.

## RADIOLOGY

Our Radiology Department is a fully-staffed diagnostic facility. We can provide for an array of services, from basic X-rays and mammograms to state-of-the-art CAT (CT) scans and magnetic resonance imaging (MRI).

## YOUR STAY

FAS patients remain at Temple Community Hospital 3-4 nights and are given comfortable and spacious private accommodations that welcome a guest should a family member wish to spend the night. Dr. del Junco Jr. recommends that, if possible, someone come and stay with you. Moral support helps tremendously in the recovery process.

## FINANCIAL PLANNING

Thank you for considering the Institute for Female Alternative Medicine for your surgical needs. We have several payment options available to assist you in financially planning for your procedure.

We accept Cash, Certified Checks and Money Orders for payment of deposits or balances in the office. We are also proud to announce a new affiliation with **CareCredit**.

**CareCredit** is a medical financing company that offers patients low interest loans for medical and dental procedures. These loans can pay for deductibles, co-payments, surgical deposits or balances due. Interest rates currently around 14% are offered, and there is no prepayment penalty on your account. If you need money to have your surgery, just log onto [www.Carecredit.com](http://www.Carecredit.com) or call 1-800-365-8295. The application process is easy and the approval takes only minutes. This program takes the financial worry out of the picture and for only a small monthly payment, your surgery can become an immediate reality. Please call our office if you have any questions.

## INSURANCE AND PRICING

Provided in this section is information to assist you with your preparation and financial planning for Female Alternative Surgery at the Institute for Female Alternative Medicine.

### Information needed prior to your visit

Please provide the following before you visit the Institute:

1. A copy of the pelvic ultrasound, or CT or MRI report within the past year positively identifying a disease such as fibroid tumors (or fibroids), endometriosis, adenomyosis, or ovarian cysts that requires a surgical alternative to hysterectomy.
2. A pap smear result within the past year.

3. Insurance information to verify benefits and begin a pre-certification process. We will need a copy of both the front and back of your insurance card, your date of birth and phone number where we can call you back.

## DOES INSURANCE COVER FEMALE ALTERNATIVE SURGERY?

Prior to your visit, please send the Institute's Program Coordinator your insurance information so that your coverage and benefits for the surgery can be verified. Insurance information will be given to our affiliate, Temple Community Hospital, so that inpatient hospital benefits can be verified and out of pocket costs estimated. Temple, as a courtesy to the Institute's patients, gives a significant percentile discount on services. Therefore, most patients only have outstanding deductibles that are owed and collected at the time of admission.

Coverage must consist of a private insurance policy, either a PPO, POS or Indemnity plan. FAS, the surgical alternative to hysterectomy, is not covered by Medicare, Medical or HMO/EPO plans of any type.

There is often a significant variance in insurance benefits and coverage depending on state of residence, policy and group plan. All patients are required to put down a surgical deposit the week of arrival to the program. The amount of the deposit depends on your verified insurance benefits. This deposit must be paid by cash, money order, bank certified check or CareCredit. We cannot accept personal checks or credit cards for this surgery deposit.

The Institute cannot guarantee the exact amount of insurance reimbursement prior to the surgical procedure. This is dependent on coverage levels and medical reviews within the insurance company. Reimbursement can be widely variable within one insurance carrier. We will do our best to financially prepare you based on previous experience with insurance payors.

The Institute will bill all private insurance companies directly for surgical services.

## HOW MUCH IS THE INITIAL CONSULTATION WITH DR. DEL JUNCO JR?

The initial consultation with Dr. del Junco Jr. is \$300 and includes the following:

- Taking a complete personal history
- Thorough explanation of Female Alternative Surgery
- Review of educational videos

This service is paid for at the time of the consultation either by cash, personal check or credit card. Insurance paperwork is provided to you for filing with your insurance provider.

## WHAT IF I DON'T HAVE INSURANCE?

For those patients without insurance coverage, or who have HMO plans or restrictive managed care policies, the Female Alternative Surgical procedure is available at a significantly reduced flat fee. Please [contact us](#) for more information.

### THE FEE INCLUDES:

- Surgeon's fees
- Assistant Surgeon's fees
- Medical Internist clearance with four-hospital day visits
- Anesthesiology fees
- Radiology fees
- All Laboratory tests including a complete Hormone Panel
- Pathology processing
- Medical review of all surgical specimens
- Laser Company fees for two Lasers and technical support staff
- Operating room time
- Operating room equipment costs
- A copy of ALL medical records (operative report, lab reports, etc.)
- 4 day hospital stay in a private room with your companion
- Meals for you and your companion








Remaining expenses not included in the fee are: transportation to and from Los Angeles and the cost of a one-week hotel stay to have the mandatory follow-up visit with the doctor.

## IS FINANCING AVAILABLE?

We are proud to announce a new affiliation with **CareCredit**. **CareCredit** is a medical financing company that offers patients low interest loans for medical and dental procedures. These loans can pay for deductibles, co-payments, surgical deposits or balances due. Interest rates currently around 14% are offered, and there is no prepayment penalty on your account. If you need money to have your surgery, just log onto [www.Carecredit.com](http://www.Carecredit.com) or call **1-800-365-8295**. The application process is easy and the approval takes only minutes. This program takes the financial

worry out of the picture and for only a small monthly payment your surgery can become an immediate reality. Please call our office if you have any questions or log onto [www.CareCredit.com](http://www.CareCredit.com).

## SURGERY AND CALENDAR INFORMATION

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Fly to Los Angeles</b> 	<b>Consultation with Dr. Tirso del Junco Jr. Van Nuys Office</b> 	<b>11am - 1pm Clearance at Temple Community Hospital</b>  <b>Afternoon: Free</b>	<b>Find your way around Los Angeles</b>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Enjoy some sightseeing.</b>  <b>7pm: Check into Temple Community Hospital</b>	<b>7:30 AM: Female Alternative Surgery</b> 	<b>In Hospital</b> 	<b>In Hospital</b> 	<b>Discharge in afternoon- Yeah!!</b>	<b>Enjoy the sites and sounds of Los Angeles</b> 	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>9am: Post operative visit with Dr. Tirso del Junco Jr. Van Nuys office</b>  <b>Fly home after noon anytime</b>  <b>Thurs evening: Welcome Home!</b>		

## LOS ANGELES HOTELS

The following is a list of Hotels our patients have stayed in while in Los Angeles recovering from FAS. These hotels range in price and location therefore we recommend you review their websites and/or call them for any reservation information.

**Glendale Hilton** 100 W. Glenoaks Blvd.  
 Glendale CA  
 818 956 5466  
[www.Hilton.com](http://www.Hilton.com)

**Casa Malibu** 22752 Pacific Coast Highway  
Malibu, CA  
310 456 2219  
[www.casamalibu@earthlink.net](http://www.casamalibu@earthlink.net)

---

**Ocean Lodge Hotel** 1667 Ocean Avenue  
Santa Monica, CA  
800 393 6310  
[www.oceanlodgehotel.com](http://www.oceanlodgehotel.com)

---

**Best Western** 123 W. Colorado Blvd.  
Glendale, CA  
818 247 0111  
[www.bestwestern.com/goldenkeyglendale](http://www.bestwestern.com/goldenkeyglendale)

---

**Best Western** 5525 Sepulveda Blvd.  
Van Nuys, CA  
818 787 2301

---

**Marriott Courtyard** 15433 Ventura Blvd.  
Sherman Oaks, CA  
818 981 5400  
[www.marriott.com](http://www.marriott.com)

---

**Ramada Inn** 1160 No. Vermont  
Hollywood, CA  
323 660 1788  
(2007 Renovation property of the year)

---

**Kioto Gardens** 120 South Los Angeles Street  
Los Angeles, CA  
213 629 1200

---

**Miayaki  
Hotel** 328 East 1st Street  
Los Angeles, CA  
213 617 0004

---

**Condos** [www.VRBO.com](http://www.VRBO.com)  
Vacation Rentals by Owner

## TOUR OF THE CLINIC



The Institute for Female Alternative Medicine moved to its current location at 6815 Noble Avenue, Van Nuys, CA in March of 2007. When you arrive, come to Suite 410



Welcome to the lobby of the Institute for Female Alternative Medicine. You will be greeted by one of the Doctor's staff members who will be expecting you.



As part of your first office visit, you'll gain a greater understanding of Female Alternative Surgery by watching a video of an actual surgical procedure performed by Dr. del Junco Jr.

Dr. del Junco Jr. videotapes all of his surgeries so they can be viewed confidentially by the patient afterwards.



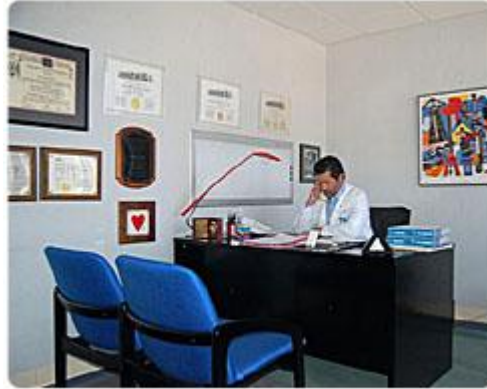
This visit to the doctor will not be like it is with other doctors. Dr. del Junco Jr. will talk to you about options you have to treat your condition in the place of hysterectomy and about how Female Alternative Surgery can work for you.



You have probably been in many of these rooms trying to find a solution to the medical problems you have been experiencing. Although it looks like the other rooms there is one difference. The doctor here will never try to treat a benign

condition with a hysterectomy. Relax.

Now, let's go visit Dr. del Junco in his office.



Doctor del Junco Jr. will probably be the first doctor you visit who will not use the word '*Hysterectomy*'. He'll help to educate you about your body and how Female Alternative Surgery can work for you.

Thank you for joining us on our virtual tour of the Institute for Female Alternative Medicine. If you have any questions, please feel free to [contact us](#).