**Lipoma Frequently Asked Questions**

If you have been diagnosed with lipoma, then it's likely that you are seeking answers to a few common questions. Don't be worried about this health condition, because it is quite common and usually harmless. These are some of the common questions asked about lipoma:

**What is Lipoma?**

Lipoma is a small area that stores fatty deposits under the surface of the skin. The growth occurs within a fibrous capsule, and that capsule slowly fills with fat cells.

**Where Do Lipoma Growths Occur?**

The most common areas of the body are the trunk, back, shoulders, neck, arms, and upper thighs, although lipoma growths may occur anywhere on the body.

**What Causes Lipoma?**

The exact cause of lipoma is unknown. Doctors suggest that some people may have a predisposition to lipoma based on their genetics. We know that lipomas are filled with fatty deposits, but the reason those fatty deposits develop is not known.

**Is Lipoma Common?**

Yes, lipoma is very common. In fact, it is estimated that one percent of the population experiences lipoma growths. That's one out of every one hundred people!

**Is Lipoma Cancerous?**

No, lipoma is not cancerous. 100% of lipoma growths are benign, which means that they do not conttain cancer cells.

**Should I Have Lipoma Surgery?**

Because lipoma growths are noncancerous, there is usually no medical reason to remove the growth. In some cases, surgical removal may be needed if it is causing a blockage or nerve damage. Most of the time, people want lipoma surgery for cosmetic reasons, in order to get rid of the unsightly growths. But, surgery isn't always necessary, because there are natural remedies that can be used to get rid of lipoma.

 **How Should I Treat My Lipoma?**

Since there is no serious health concern with allowing a lipoma to remain, there is no reason to rush into an invasive procedure such as a surgery. The best lipoma treatment options include a change in diet to adjust fat intake and to use specific supplements that can help to get rid of current lipoma growths and prevent other growths from appearing.