**Types of Lipoma Growths**

Lipomas are small, benign growths that occur just below the surface of the skin. They are quite common, and it has been said that 1 out of every 100 people may experience lipomas at some point in their life. These growths may occur at any age, although they are most common in people who are between 40 and 0 years old. It is rare for young children to have lipomas.

Although lipomas may all seem to be the same, there are actually several different types of lipoma that may occur. These are the most common types of lipoma:

**Spindle Cell Lipomas:** Usually occur in people between 45 and 60 years old, and they are most common in the neck and shoulder area.

**Superficial Subcutaneous Lipomas:** Most common on women, and they are more likely to occur if a person is overweight. These growths usually appear on the trunk, forearms, and/or the nape of the neck.

**Lumbosacral Lipomas:** Even though lipomas are very rare in children, there are rare cases where a young child will experience this type of lipoma growth. Lumbosacral lipomas may also be present in adults.

**Deep Intramuscular Lipomas:** More common in men, although they may occur in either gender. These lipomas usually occur on people between 30 and 65 years old.

**Angiolipoma:** Lipoma growths that appear on the forearm, usually in adults.

**What To Do If You Have a Lipoma**

Whenever a growth is present, it is a good idea to consult with a doctor to be sure that the growth is not cancerous. If the diagnosis confirms that it is a lipoma growth, then in most cases treatment is not needed since the growth is simply a deposit of fatty cells. But, many people like to treat lipoma for cosmetic reasons, or sometimes the area will become aggravated or infected which would require treatment.

Common medical treatment usually involves a minor surgery to remove the growth, although sometimes it can be treated with injections or liposuction to remove fatty deposits. Even though medical treatments are available, many people opt to try natural treatments instead in order to avoid the risks that are associated with surgery.