

# Understand the lipoma & What Possible Lipoma Treatments are Available?

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Seeing an ugly lump on the skin is truly not easy for anyone. Such deformities not only look bad but also reduce the confidence in the people. So, whenever a person gets a lipoma lump on the body or skin, it becomes necessary to get a **lipoma treatment** as soon as possible. However, these lumps are non-cancerous and do not bother a person much, but still, you must discard such fatty lumps for your healthy-looking skin.

## What is a Lipoma, and does it needs treatment?

You can generally found lipoma lumps between the skin and the underlying muscle layer of your body. These fatty formations grow slowly with time and are not harmful at all. You may get several lipoma lumps on your body as these are not limited to one only. Also, these may grow up to 2 inches (5 centimeters) in diameter. But, if the condition gets critical, then it can grow more. Besides that, these formations are infrequently cancerous and do not bother a person. You may not feel pain in your fat lumps, and these are soft to move on pressing it with a finger. You may found such lipoma lumps near your neck, shoulders, back, abdomen area, arms, and thigh area of your body. Mainly, you can leave these lumps as it is if you do not want to treat them. But, still, if your lipomas kept on growing and start bothering you, then you must go for the **best treatment for lipoma** to remove them quickly.

## **How to Detect a Lipoma?**

As we have mentioned above, such fatty formations generally grow near the neck, shoulders, back, abdomen area, arms, and thigh area of your body. So, if you see a bump on these body parts, then there are chances that it is a lipoma.

Additionally, if these lumps are soft to touch and move with slight pressure, the possibility increases that these are lipoma formations.

Besides that, these lumps are non-cancerous and do not pain.

These are the ways to detect lipoma at home with common analysis. But, when you visit the doctor for confirmation, they may ask you for a biopsy, ultrasound, or other imaging tests like an MRI or CT scan to confirm that whether it is a lipoma or not.

The medical examination helps to detect the current situation of your lump and tell whether it is cancerous or non-cancerous. Moreover, you will get the idea that either **lipoma treatment** is compulsory for your case or not.

## **What are the reasons for growing such lipoma on the body?**

There are no fixed reasons for such growing fatty tissues inside your body. The lipoma lumps can arise if you are fat, obese, or most of the time, people inherit this problem from their ancestors. Moreover, your genetic factors can lead you to such fatty lump formations.

So, there is no scientifically proved reason behind growing lipoma in your body.

But, if you have got such an issue, then its treatment is possible with either surgical procedure or with **lipoma natural treatment**.

Further, we will discuss both ways and discuss which one works better for you.

### **Who mostly gets such lumps?**

Basically, it can happen to anyone without any doubt and reason. But, the people who belong to the age group of 40-50 can face such issues mostly in their lifetime. And mainly this issue occurs in the male group instead of females.

### **What is the possible best treatment for lipoma?**

There is not a single treatment option available for lipoma treatment. There are several surgical and non-surgical treatments available for curing this problem.

We will discuss both surgical treatments and ways for **lipoma treatment without surgery** so that you get to know about everything in detail.

### **Surgical Lipoma Treatment options:**

#### **Surgery:**

People mostly use the surgical procedure to treat a lipoma and remove it instantly. The medical method is ideal if you need to remove your lipoma lump urgently. The reason may be a large skin tumor, which is growing faster. But, this may give scars on your body, and you will take time to recover after the surgery.

Besides this, sometimes, these lumps may again occur at the same place even after the surgical removal. Mainly, the procedure is known as an excision.

### **Liposuction:**

Another surgical way to avoid and discard such lipoma lumps is Liposuction. In this procedure, a needle attached to a large syringe is used to remove the fat from your body.

### **Steroid injections:**

Steroid injection is also a treatment option for those who want to remove the lipoma instantly. The procedure helps to shrink the lipoma size. Unfortunately, this procedure is not that helpful because it does not remove lipoma. It will just shrink the size of your fatty tumor.

*These are some surgical procedures done under the supervision of a physician/doctor.*

*If you are not interested in getting surgical treatment, you can switch to natural treatment and get your **lipoma treatment at home**.*

### **Lipoma treatment without surgery:**

There are several home remedies that you can use to get the lipoma treatment without surgery and medication just by staying at your home.

**Make changes in your diet:**

When we talk about the natural ways to avoid the lipoma occurrence, you can initially start avoiding lipoma by making some dietary changes. Add more omega-3 and omega-6 based food to your diet; avoid red meat and fatty food items. Also, add fish to your food. It will complete your diet, and you can reduce the risk factors of lipoma tumors.

**Use some herbs and oil:**

You can use some organic herbs and oil like neem, turmeric, flaxseed, and oil to use on your tumors and treat them naturally. You can use neem oil, flaxseed oil( enriched with omega-3 and omega-6) as home remedies to treat your lipoma tumor.

**Lipoma Wand for lipoma natural treatment:**

Another natural treatment for lipoma is a lipoma wand that offers lipoma removal without surgery, scar, pain, and discomfort. Just apply the proprietary oil on your lipoma lump and rub the lipoma wand for about 20-30 minutes. Use the lipoma wand daily to get the desired result.

**Final Thoughts:**

The overall article suggests that there is no reason for growing such fat tissues. It can happen for any reason. But, still, it is better to avoid these tumors with a proper diet.

Either you are taking surgical or non-surgical lipoma treatment, if you are not taking proper diet, you may again get these fatty tumors. So, first, make sure you get a healthy diet. Afterward, choose between your ideal treatment options.