**What Causes Lipomas?**

A lipoma can cause a scare when it is found, because often a person finds the lump and they automatically assume that it is a cancerous growth. If you have a lipoma, then there is no need to fear, because it is a benign growth. In some cases complications can arise with lipomas, but usually they are nothing to be concerned about.

**What is a Lipoma?**

A lipoma is a small growth that usually occurs right under the skin. Because the growth is near the skin surface, it becomes noticeable because it causes a bulge which appears as a lump on the skin. Inside the growth is a fibrous capsule filled with fat cells and other waste buildup.

If a person has a lipoma, then it is common for multiple lipomas to occur over time. They typically have slow growth patterns, and can exist for many years without causing a problem for the person. Common areas for lipomas to grow include the upper thighs, upper arms, neck, torso, back, and armpits, although it is possible for lipomas to grow anywhere on the body.

**Causes of Lipoma**

It is unknown why lipoma growths occur, and this type of growth is the most common noncancerous growth. Doctors have suggested a possible genetic link that causes a person to be predisposed to lipomas, mainly because they have found it common to run in families.

Lipomas usually start out small, and are not noticeable in the beginning. Over time, the fibrous capsule will fill with more fatty cells, causing the lump to grow bigger. Size varies from one person to the next, one person may experience fewer growths that are larger in size and another person may experience a lot of smaller growths.

Anytime a growth is present, it is a good idea to talk with a doctor to be sure there isn't a concern about cancer. Lipomas are easily identifiable, because the lump can move around beneath the skin. They are usually soft and flexible, and not painful. In some cases, the area can become infected which can cause localized pain, and in the case of infection it's usually suggested to have the growth removed.