**What To Do If You Have Been Diagnosed With a Lipoma**

Discovering a growth can be alarming, especially if you think that it may be cancerous. It is common for people to mistake lipoma growths as possible cancer, and in any case it is a good idea to consult with a doctor to get a specific diagnosis. Lipomas can be easily diagnosed, and are recognizable by the softness of the growth as well as the fact that they can be moved around underneath the skin. If you receive a lipoma diagnosis, there are a few things that you should do:

**1. Leave It Alone**

Because lipoma growths are not a health concern, it is fine to leave the growths alone. In fact, most doctors will suggest that the lipoma be left alone unless it is irritated, causing a blockage, or causing cosmetic concern.

**2. Watch It**

Lipomas are slow-growing, which means that the appearance won't likely change very quickly. In any case, it is a good idea to inspect the area occasionally to look for signs of possible infection. Also pay attention to the size, especially if it seems to be growing deeper into the muscle or causing damage to nerves. Many times, a person will have a lipoma growth for many years without any type of change.

**3. Talk With Your Doctor**

It is always best to follow medical advice, especially if there is concern about the growth being cancerous. If it is a lipoma, then there is no need to worry about the cells being cancerous, because 100% of lipoma growths are benign. Most likely, your doctor will tell you that no treatment is needed.

**4. Consider Natural Treatments**

Most medical professionals will suggest surgery if the growth needs to be removed, although there are a few natural remedies that you might consider before going under the knife. Natural lipoma treatments may include changes to your diet, as well as using certain supplements that may help the body to break down the fatty tissue storage. Most people like to try the natural remedies first in order to avoid the expensive costs of paying for a surgery.