

LIPOMA

Official monthly newsletter from Dr. Tendani Muthambi

What is a lipoma?

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A lipoma is a small, benign tumour made of fat cells. They are usually soft to the touch and moveable under your skin. Lipomas can appear anywhere on your body, but they're most common in the neck, armpits and trunk of the body. They are usually not painful but in some cases, they can cause discomfort, pain and grow rapidly.

Common signs and symptoms of a lipoma

Lipomas aren't usually painful, but they can be uncomfortable if they press against a nerve or develop near a joint. Many people who have lipoma don't notice any symptoms

Lipomas are usually:

- **Encapsulated:** They don't spread to the tissues surrounding them.
- **Painless:** However, some lipomas cause pain and discomfort depending on their location, size and if blood vessels are present.
- **Round or oval-shaped**
- **Moveable:** They move when you touch them.

*The latest on
this month's
issue:*

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Types of open wounds

- **Abrasion:** An abrasion occurs when the skin rubs up against a hard surface.
- **Laceration:** This is a deep cut or tearing of the skin.
- **Puncture:** A puncture is caused by a long pointy object for example a needle/nail, a bullet can also cause a puncture wound.
- **Avulsion:** This is a partial or complete tearing of the skin and the tissue beneath the skin, an avulsion wound can be caused by car accidents and accidents involving heavy machinery.

When to see a doctor? Please do not wait until your wound gets worse, seek medical attention as soon as possible. call to make an appointment to see me.

Types of closed wounds

- **Contusions:** They typically appear as a bruise with bluish or reddish skin discolouration.
- **Hematoma:** This is an injury that results in the pooling of blood.
- **Crush injury:** Occurs when a part of the body is squeezed by a high-pressure external force.

Conditions that can develop from an open wound

- **Lockjaw:** A lockjaw can be caused by an infection from a bacteria that can cause Tetanus; this can cause muscle contractions in your jaw and neck.
- **Necrotizing Fascitis:** This is a severe soft tissue infection caused by a variety of bacteria.
- **Cellulitis:** An infection of your skin that is not in immediate contact with the wound.

Complications from having an open wound

- Risk of infection
- An increase in drainage
- Thick brown/green and yellow pus
- Pus with a foul odour
- A high fever
- A wound that is not healing

When to see a doctor? If your wound is not healing, don't wait until you develop an infection please come and see me.

Treatment of wounds

Treatment options will differ and depend on the type of wound and the severity of the wound; below are some of the treatment options for wounds.

- The bleeding is stopped
- The doctor will drain or debride the wound and often he will prescribe an antibiotic if there is a bacterial infection.
- In severe cases where the wound is infected and not healing surgery will be recommended to remove the infected tissue and sometimes the surrounding tissue will also be removed.
- The wound is closed and dressed.
- The dressing will be routinely changed.

Symptoms, causes, diagnosis, tests and treatment options will be discussed in detail on my social media platforms. Follow me on LinkedIn and Facebook.

Signed Dr. J Muthambi