

## CASE REPORT

### LIPOMA ON THE SOLE OF FOOT: A RARE LOCATION

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**ABSTRACT:** Lipomas are benign soft tissue tumors that can occur at any age and frequently on the upper back, neck, shoulder and abdomen. We present a case of lipoma over sole of foot which is an uncommon location.

**KEYWORDS:** Lipoma, Mass, sole of foot.

**INTRODUCTION:** Lipoma, described as a universal tumor, is the most common soft tissue tumor and accounts for almost 50% of all soft-tissue tumors.<sup>(1)</sup> Lipoma in a foot is extremely rare. We report a case of a lipoma in a 50yr old female over the sole of foot which is an uncommon location.

**CASE REPORT:** A 50 year old female patient presented with a history of swelling on the sole of right foot of one year duration which was associated with a past history of trauma. There was no history of pain, fever or discharge from the swelling. On examination a 4×3cm swelling noted on the posterior aspect of right foot over the sole, (Fig. 1) with smooth surface, well defined borders and soft in consistency. FNAC was done and a diagnosis of lipoma was made. Excision of the tumor (Fig. 2) was done. The biopsy reported the following findings. A well circumscribed tumor composed of proliferating mature adipocytes. (Fig. 3)

**DISCUSSION:** Lipomas are the most common soft tissue tumor accounting for almost 50 % of soft tissue tumors.<sup>(1)</sup> They are mostly seen on upper back, neck, abdomen, chest and shoulder where there is abundant of adipose tissue. They can affect any age group mostly seen in 4<sup>th</sup>-6<sup>th</sup> decade of life.<sup>(2)</sup>

Lipomas of foot are rare accounting for 3-4% of tumors of foot,<sup>(3)</sup> mostly seen on dorsum of foot and ankle. Most common tumors of foot are ganglion cysts, fibromatosis, fibrous histiocytoma and giant cell tumor of tendon sheath.<sup>(4,5)</sup> Lipomas of foot occur mostly after trauma either due to herniation of adipose tissue through tear in fascia<sup>(6)</sup> or due to release of cytokines which induce the differentiation of preadipocytes to mature adipocytes.<sup>(7)</sup> Lipomas can be distinguished from herniation of adipose tissue as herniation of adipose tissue won't grow in size nor surrounded by fibrous capsule.<sup>(8)</sup> Lipomas of foot are to be differentiated from malignant soft tissue sarcoma of foot such as Kaposi sarcoma, synovial sarcoma or liposarcoma. This case is being reported in view of its rarity.

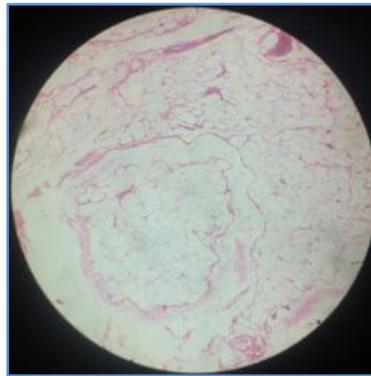
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**Fig. 1: Swelling over sole of right foot**



**Fig. 2: Intra operative picture of lipoma**



**Fig. 3: Histopathological picture**

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