



Information for  
patients and  
carers

Atypical  
Lipomatous Tumour

## What is an Atypical Lipomatous Tumour?

An Atypical Lipomatous Tumour (ALT) is a swelling made up of fat cells, commonly affecting adults over the age of 60 years. It is often a large, painless mass which can grow slowly over time. ALTs are more commonly found in the lower extremity of the body (thighs/buttock) but can sometimes be found in the upper limbs.

Although ALTs in the limbs are considered benign swellings, they can recur after removal.

ALTs can occur elsewhere within the body, such as inside the abdomen. These deeper tumours can behave differently to ALTs on the limbs and may need different treatment and follow-up.

## Investigations and Treatment:

The initial part of your investigation is likely to include an Ultrasound Scan and a Magnetic Resonance Imaging (MRI) scan. If necessary, a biopsy may also be recommended to diagnose the abnormal tissue.

The most common form of treatment for ALTs is to remove the swelling by performing surgery.

The decision to remove the tumour may depend on the following:

- Your health and well-being (if you have any significant pre-existing medical conditions)
- The size, location, and grade of the tumour

Sometimes ALTs are not removed surgically and are observed over time using MRI scans. This can be very useful if the tumour would be difficult to remove without causing harm to other important areas of the body. Your surgical team will discuss this with you.

## **Follow-up protocol:**

There is currently no standard follow-up protocol for ALTs, although some guidance exists from specialist groups in the UK.

If the tissue has been completely excised, then it is safe to discharge patients with self-monitoring and access to our team for advice.

Alternatively, for deeply located ALTs or those in difficult sites on the body, it may be necessary for you to have surveillance in clinic. This is usually once every 6 months for two years after your surgery with an MRI on the first and second anniversary of your surgery. Thereafter, between two and ten years, the surveillance will be annual, if required.

## **Contact Details:**

Should you require further advice or information please contact:

Clinical Nurse Specialists – 01772 522492

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

<https://www.sciencedirect.com/topics/medicine-and-dentistry/well-differentiated-liposarcoma>

<https://www.lsesn.nhs.uk/files/ALT-Pathway-v6.pdf>

[https://www.ouh.nhs.uk/patient-](https://www.ouh.nhs.uk/patient-guide/leaflets/files/12237Plipomatous.pdf)

[guide/leaflets/files/12237Plipomatous.pdf](https://www.ouh.nhs.uk/patient-guide/leaflets/files/12237Plipomatous.pdf)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7752295/>

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site.

On 31 May 2017 Lancashire Teaching Hospitals became a smoke-free organisation. From that date smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking including Nicotine Replacement Therapy to help manage your symptoms of withdrawal.

If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Gujarati:**

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

**Romanian:**

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

**Polish:**

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

**Urdu:**

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو یی چھپا یں ییہ ابی دست ہو یسکت ہے برا ئے مہر یان پو ے یچھہ ی۔ معلومات

**Arabic:**

مطبوعه بأ حروف كبيره و بلغات إذا كنت تريد مساعده في فهم هذه لمعلومات يُرجى أن تطلب أخرى يمكن تو فسير هذه المعلومات

**Department:** Plastic Surgery

**Division:** Surgery

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