

# SARCOMA Cancer Awareness Month

## SARCOMA SOFT TISSUE & BONE

Sarcomas are cancers of the bone and connective tissue. It is made up of many "subtypes" because it can arise from a variety of tissue structures –nerves, muscles, joints, bone, fat, blood vessels.

If not caught early enough, sarcomas can invade surrounding tissue and metastasize to other tissues and organs of the body. The most frequent location are the limbs since this is where the majority of the body's connective tissue resides. They are commonly hidden deep in the body.

Researchers still don't know exactly what causes most cases of soft tissue and bone sarcoma.

### SIGNS + SYMPTOMS

In early stages, there may be no symptoms. As the tumor grows, it may cause other symptoms, such as pain or soreness as it presses against nearby nerves and muscles. Some other common symptoms are:

- PAIN OFF AND ON IN THE AFFECTED AREA, WHICH MAY BE WORSE AT NIGHT
- SWELLING, WHICH MAY START WEEKS AFTER THE PAIN
- A LIMP (IF SARCOMA IS IN LEG)

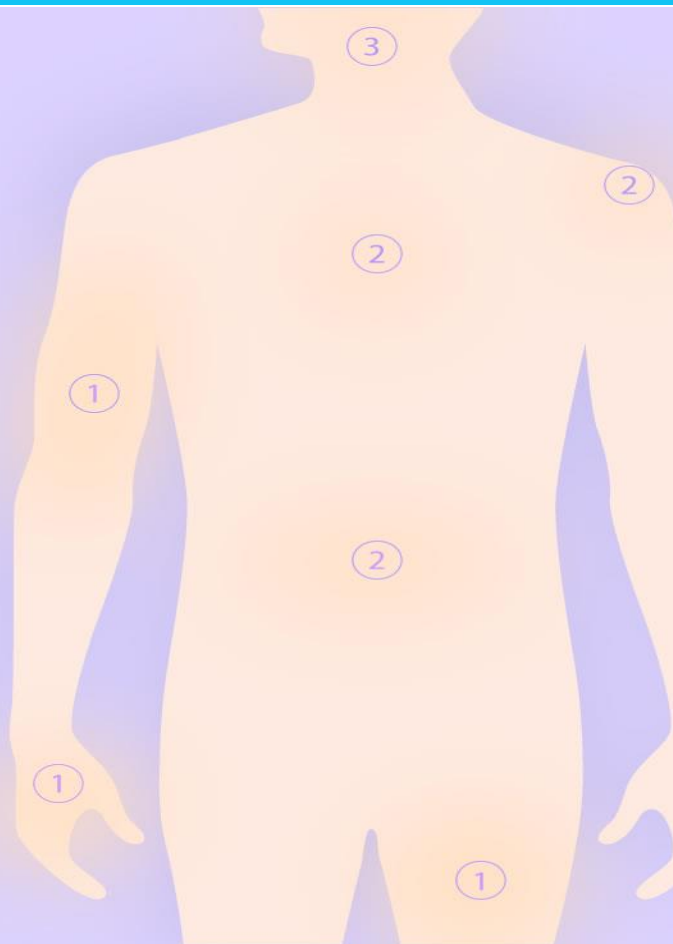
### TREATMENT



**DON'T IGNORE YOUR  
LUMPS AND BUMPS!**



Source: Information contributed by Sarcoma Foundation of America  
www.curesarcoma.org



① EXTREMITIES	② TRUNK	③ HEAD/NECK
SOFT TISSUE 50%	SOFT TISSUE 40%	SOFT TISSUE 10%
BONE 80%	BONE 15%	BONE 5%

### TYPES OF SARCOMA

#### SOFT TISSUE

- there are about 50 different types of soft tissue sarcomas
- they can be found in any soft tissues in any part of the body
- most of them develop in the arms or legs
- the most common types in adults are malignant fibrous histiocytoma, liposarcoma, and leiomyosarcoma
- the most common type in children is rhabdomyosarcoma

#### BONE

- osteosarcoma is the most common type
- it can occur at any age but mostly in children/young adults
- ewing tumors are the second most common in children
- most tumors develop in the bones around the knee or the proximal humerus



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