



July is Sarcoma Cancer Awareness Month

A sarcoma is a rare kind of cancer. Sarcomas grow in connective tissue -- cells that connect or support other kinds of tissue in your body. These tumors are most common in the bones, muscles, tendons, cartilage, nerves, fat, and blood vessels of your arms and legs, but they can occur anywhere.

Although there are more than 50 types of sarcoma, they can be grouped into two main kinds: soft tissue sarcoma and bone sarcoma, or osteosarcoma. About 1 out of 100 cases of adult cancers is soft tissue sarcoma.

Osteosarcomas are even rarer.

Types of sarcoma:

Soft tissue sarcomas:

- ✚ Leiomyosarcoma.
- ✚ Fibroblastic sarcoma.
- ✚ Liposarcoma.
- ✚ Gastrointestinal stromal tumour (GIST).
- ✚ Kaposi's sarcoma (KS).
- ✚ Angiosarcoma.
- ✚ Malignant peripheral nerve sheath tumour (MPNST).
- ✚ Synovial sarcoma.
- ✚ Rhabdomyosarcoma.

Bone sarcomas:

- ✚ Chondrosarcoma.
- ✚ Osteosarcoma.
- ✚ Ewing's sarcoma.
- ✚ Chordoma.

Risk Factors: We don't yet know what causes sarcoma, but we do know some things that raise your risk of getting one:

- ✚ Other people in your family have had sarcoma.
- ✚ You have a bone disorder called Paget's disease.
- ✚ You have a genetic disorder such as neurofibromatosis, Gardner syndrome, retinoblastoma, or Li-Fraumeni syndrome.
- ✚ You're been exposed to radiation, perhaps during treatment for an earlier cancer.

Symptoms:

Soft tissue sarcomas are hard to spot because they can grow anywhere in your body. Most often, the first sign is a painless lump.

Osteosarcoma has more obvious early symptoms, including:

- ✂ Pain off and on in the affected bone, which may be worse at night.
- ✂ Swelling which often starts weeks after the pain.
- ✂ A limp, if the sarcoma is in your leg.

Surviving Sarcoma:

Most people diagnosed with a soft tissue sarcoma are cured by surgery alone, if the tumor is low-grade; that means it is not likely to spread to other parts of the body.

More aggressive sarcomas are harder to treat successfully.

The survival rate for osteosarcoma is between 60% and 80% if the cancer has not spread.

Can soft tissue sarcomas be prevented?

The only way to prevent some soft tissue sarcomas is to avoid exposure to risk factors whenever possible. Most sarcomas, however, develop in people with no known risk factors, so there is no way known at this time to prevent most cases. And for people receiving radiation therapy, there is usually little choice.

Reference Links:

- ✂ <http://www.cancer.org/cancer/sarcoma-adultsofttissuecancer/detailedguide/sarcoma-adult-soft-tissue-cancer-prevention>
- ✂ <http://sarcoma.org.uk/what-is-sarcoma>
- ✂ <http://www.webmd.com/cancer/sarcoma?page=2>

For any enquiry or assistance please contact: wellness@medicaretpa.co.in

Disclaimer: No information contained here should be relied on in making health decisions. Always check with your doctor or other health care provider.