

The Rare Cancer Worth Researching



SARCOMA & BONE CANCER AWARENESS MONTH

July is Sarcoma and Bone Cancer Awareness Month. Here's what you need to know about this infrequent but serious type of cancer.

Though a rare type of cancer, sarcomas can seriously impact health, and more research is needed to understand, treat, and cure them when they occur. That's why July has been named sarcoma and bone cancer awareness month to help bring awareness to and study the more than 70 types of sarcoma.



WHAT IS SOFT TISSUE SARCOMA?

Soft tissue sarcoma is a type of cancer that starts in the muscle, fat, fibrous tissue, blood vessels, or other supporting tissue of the body. These tumors most commonly appear in the arms and legs, but can occur in any part of the body including the chest, abdomen, head and neck area, and internal organs. There are more than 50 different types of soft tissue sarcomas.

HOW COMMON IS SOFT TISSUE SARCOMA?

Soft tissue sarcoma is rare, representing 1% of all cancers in adults. In 2023, the American Cancer Society estimates that 13,400 new soft tissue sarcomas will be diagnosed—7,400 in males and 6,000 in females. The five-year survival rate for soft tissue sarcomas is 65.8 percent.

WHAT ARE THE SYMPTOMS OF SOFT TISSUE SARCOMA?

Symptoms of soft tissue sarcoma are rare in early

stages. Most times, the initial symptom is a lump that's grown over time. This lump may or may not be painful. Symptoms can vary depending on where in the body the sarcoma starts. Other symptoms may include abdominal pain that's getting, shortness of breath, blood in your stool or vomit, and black, tarry stool. It's important to see your doctor right away if you're experiencing any of these symptoms.

