

# SARCOMA

by

Md. Noor Raman(Asst.Prof.NENC)

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# Sarcoma

Sarcoma is a form of cancer. It can affect different types of tissue. Soft tissue sarcomas affect tissues connecting, supporting, or surrounding any of the body's systems.

Bone sarcoma or osteosarcoma is a type of bone cancer. Often, another type of cancer will spread to the bones in the later stages. In bone sarcoma, cancer starts in the bone

# Signs and symptoms

## **Bone sarcoma**

In the case of bone sarcoma, the first sign may be pain, with or without a lump. It often affects the long bones in the arm or leg or the pelvis.

If it affects the pelvis, signs and symptoms may not appear until a later stage

# Symptoms

**The first symptom for a person with bone cancer is**

- persistent pain in the affected area.
- the pain gets worse and more continuous.
- An individual experiencing this pain may not visit a doctor for several months.
- swelling in the affected area
- weak bones that lead to a significantly higher risk of fracture
- Obvious loss of weight
- a lump in the affected area
- a person with bone cancer might also experience fever, chills, and night sweat

# Types of sarcoma of the bone

## **Sarcoma of the bone**

Types of sarcoma of the bone include:

**Osteosarcoma** : This affects the bone.

**Ewing sarcoma**: This can occur in the bone or soft tissue.

**Chondrosarcoma** : This starts in the cartilage.

**Fibrosarcoma** : This occurs in fibrogenic tissue, which is a type of connective tissue

# **Causes**

**The causes of sarcoma unknown but  
there are some risk factors of sarcoma**

# Risk factors for sarcoma

- Being under 20 years of age
- Exposure to radiation
- previous bone marrow transplant
- Having a close relative with bone cancer
- Long time inflammatory condition such as paget's disease
- **Genetic conditions:** Genetic factors may play a role.



**Inherited syndromes.** Some syndromes that increase the risk of cancer can be passed from parents to children.

**Radiation therapy for cancer.** Radiation treatment for cancer increases the risk of developing a sarcoma later.

**Chronic swelling (lymphedema).** Lymphedema is swelling caused by a backup of lymph fluid that occurs when the lymphatic system is blocked or damaged. It increases the risk of a sarcoma

**Exposure to chemicals.** Certain chemicals, such as some industrial chemicals and herbicides, can increase the risk of sarcoma

**Exposure to viruses.** The virus called human herpesvirus 8 can increase the risk of a type of sarcoma

# Tests and diagnosis

- Signs and symptoms
- personal and family medical history
- conduct a medical examination:
  - X-ray
  - MRI
  - CT or
  - Histopathology
  - laboratory tests
- If the person has previously undergone treatment to remove a tumor, the presence of a new growth may indicate that it has returned

# Treatment

A doctor may recommend one or more of the following treatment options for bone or soft tissue sarcoma:

**Surgery:** This is the most common treatment for sarcoma. remove the tumor ,surrounding tissue. take a tissue sample to carry out a biopsy at the same time. This can confirm the exact type of tumor.

**Radiation therapy:** A person may have this before or after surgery to destroy cancer cells.

# **Chemotherapy:**

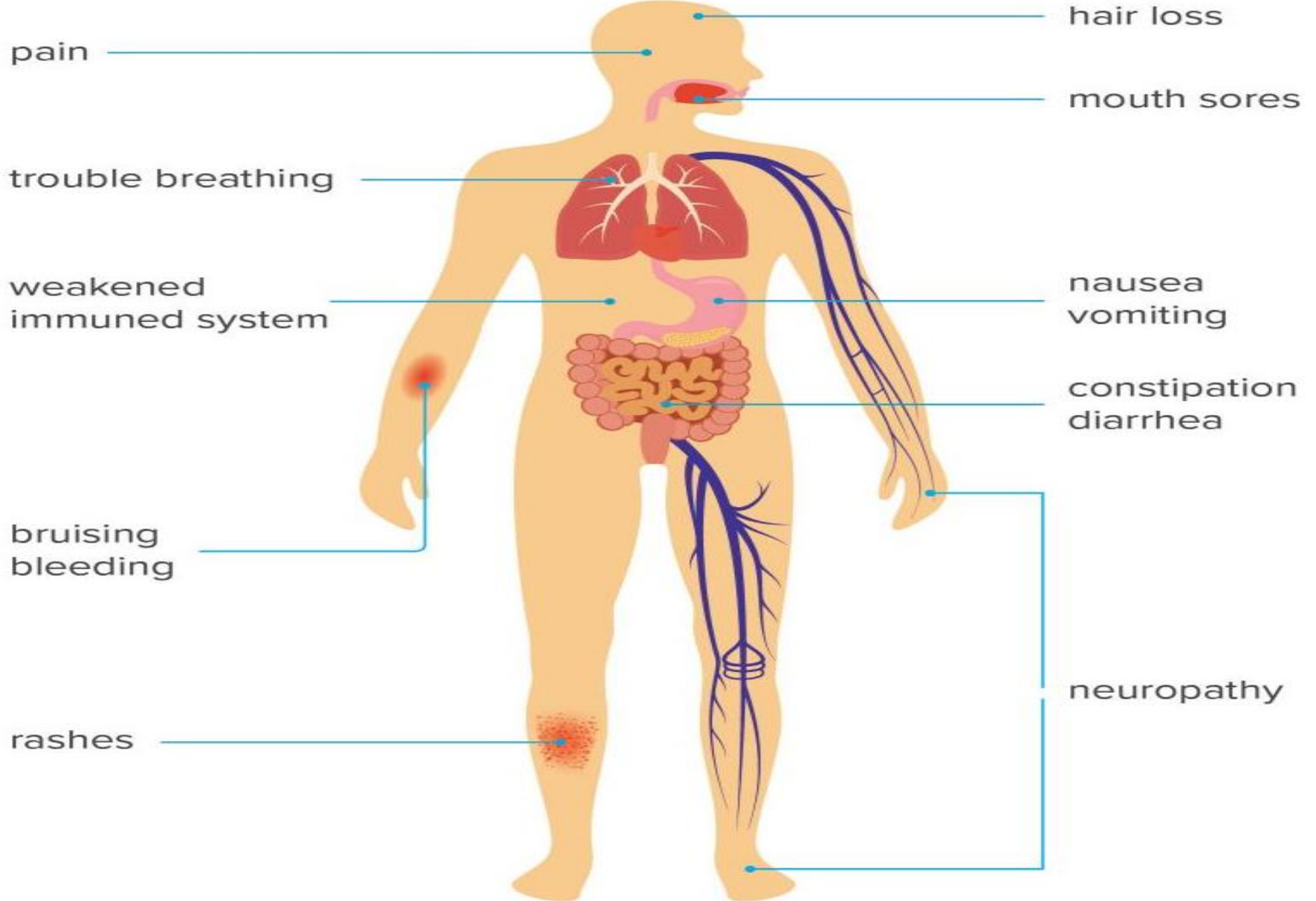
Chemotherapy appears to be more effective in treating bone sarcoma than soft tissue sarcoma. Chemotherapy can kill cancer cells that remain after surgery.

The choice and intensity of treatment depend on the stage and grade of cancer, the size of the tumor, and the extent of any spread

Chemotherapy is a powerful treatment that involves taking medications to damage cancerous cells.

The goal is to destroy and prevent cancer cells from multiplying

# Side effect of chemotherapy



# Common side effect of chemotherapy

- Pain
- loss of hair
- Respiratory problem
- Sore in mouth
- Nausea vomiting
- Constipation
- Diarrhoea
- Unusual bleeding
- Rashes
- Weakened immune system
- neuropathy