

Sarcoma

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Sarcoma Latest News

Every year in July, Sarcoma Awareness Month brings attention to a group of rare and often misunderstood cancers.

About Sarcoma

- Sarcoma is not just one disease: it is a **family of cancers that originate in the bones and soft tissues** such as fat, muscles, blood vessels, nerves, and deep skin tissues.
- A sarcoma typically **appears as a painless lump** or swelling that may increase in size over time.
- Since these signs can be confused with non-cancerous conditions such as cysts or injuries, diagnosis is often postponed, permitting the cancer to advance.
- It can affect anyone, certain risk factors increase susceptibility.
- **Prevalence:** Sarcomas account for only about **1% of all adult cancers** and 15% of paediatric cancers, their impact is profound, especially due to limited awareness and late diagnosis.

Types of Sarcomas

- Sarcomas are primarily divided into two main categories: **soft tissue sarcomas and bone sarcomas**.
- There are more than **70 subtypes**, and this complicates both diagnosis and treatment.
- Examples of common soft tissue sarcomas include liposarcoma (originating from fat tissue), leiomyosarcoma (arising from smooth muscle), and angiosarcoma (developing from blood vessels). Bone sarcomas consist of osteosarcoma (frequently seen in children and young adults), Ewing sarcoma, and chondrosarcoma.

Risk Factors of Sarcoma Includes

- **Genetic conditions** such as **Li-Fraumeni syndrome** or neurofibromatosis; previous radiation therapy, especially in areas later affected by sarcoma;
- **Chemical exposure** to agents **like vinyl chloride or dioxins**; chronic swelling (lymphedema) or certain inherited syndromes.
- Children and young adults are more frequently diagnosed with **bone sarcomas**, while **soft tissue sarcomas** are more **common in older adults**.

Source: **TH**

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