



Understanding Sarcoma: Types, Causes, Early Signs



MESSAGE FROM CBO'S DESK

Mr. Prasant Mohanty - Chief Businesss Officer

At 2050 Healthcare, we focus on one of the most critical and often overlooked phases of healing, where medical care transitions into meaningful recovery. We walk with the patients during this important **transition from hospital to home.**

Sarcoma - a group of cancers affecting bones and soft tissues- might be rare, but its impact is deeply life-altering for those undergoing its treatment. Sarcoma treatment often involves aggressive procedures like complex surgeries, radiation, and chemotherapy. Hence, the **rehabilitation period is extremely** crucial for sarcoma survivors, as it focuses on helping them **rebuild their confidence, restore their independence, and return to life with strength and dignity.**

The trained care teams at 2050 Healthcare understand the unique needs of sarcoma survivors. From **post-operative wound care to physiotherapy, pain management, nutritional planning, and emotional wellness,** our caregivers support the patients in every step of their healing journey. We work closely with families and physicians to ensure every **recovery plan is personalized, holistic,** and delivered in the comfort of home or at our specialized care centers.

In this month's issue of Care Connect, as we highlight '*Understanding Sarcoma: Causes, Types, Early Signs,*' our aim is not only to build awareness but also to salute the resilience of survivors and the dedication of those who help them heal.

UNDERSTANDING SARCOMA: CAUSES, TYPES, AND EARLY SIGNS

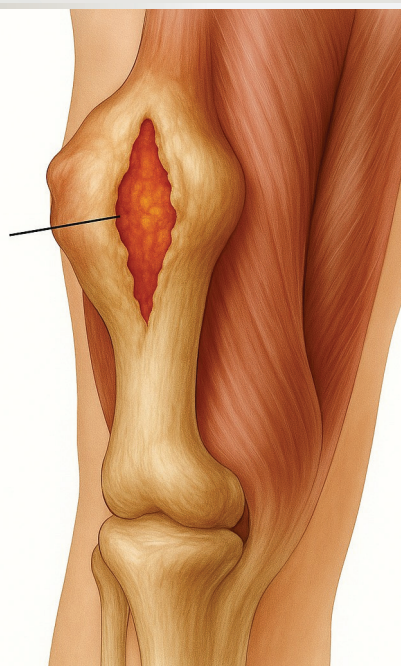
WHAT IS SARCOMA?

Sarcoma refers to a type of cancerous tumor that develops in bones or soft tissues like fat, blood vessels, muscle, nerves, cartilage, tendons, and ligaments. It is a rare type of cancer, accounting for only 1% of all adult cancer diagnoses and about 15% of child cancer diagnoses globally.

TYPES OF SARCOMA

Broadly, sarcoma is categorised into two types as follows:

Bone Sarcomas: These cancers start in the bones. This type of sarcoma is diagnosed more in children as compared to adults. The common types of bone sarcoma include Osteosarcoma, Chondrosarcoma, Chordoma, Ewing's Sarcoma, and Fibrosarcoma.



Soft Tissue Sarcomas: These begin in the muscle or other connective tissues of the body. Soft tissue sarcomas are more common in adults. Types of this sarcoma include Angiosarcoma, Gastrointestinal Stromal Tumors, Liposarcoma, Rhabdomyosarcoma, etc.



There are over 70 known subtypes of sarcomas. Unlike bone sarcomas, sometimes cancer starts in some other organ of the body, like the lung, kidney, breast, prostate, thyroid, etc., and travels to the bone. This is called **metastatic bone cancer** and can lead to structural problems in the bones, causing pain and limiting functions.

SYMPTOMS TO WATCH OUT FOR

- ✓ A lump that can be felt through the skin, that may or may not hurt
- ✓ Pain in an extremity (arm/leg) or abdomen/pelvis
- ✓ Back Pain
- ✓ Unexplained weight loss
- ✓ Trouble moving an arm or leg (limited range of motion)
- ✓ Breaking of a bone with no clear cause



IMPORTANCE OF EARLY DETECTION

Early detection of sarcoma is crucial in improving treatment outcomes and increasing survival rates. When detected at an earlier stage, sarcoma can be treated more effectively and with less invasive options. It also helps in preventing metastasis, or the spreading of sarcoma cells to other parts of the body, and reduces the likelihood of cancer recurrence.

HOW REHABILITATION HELPS

SARCOMA PATIENTS

Since sarcoma treatment often involves aggressive procedures, rehabilitation plays a vital role in managing the impact of the disease and its treatment on physical function, quality of life, and emotional well-being. Here's how a personal rehab plan can significantly improve the overall quality of life of a sarcoma survivor:



- ▶ **Restores Function:** Physiotherapy and occupational therapy help patients regain mobility and strength
- ▶ **Reduces Pain:** Effectively manages pain associated with sarcoma and its treatment
- ▶ **Promotes mental well-being:** Emotional counseling reduces anxiety and fear
- ▶ **Facilitates social reintegration:** Helps patients regain the ability to do daily activities independently and re-engage socially, promoting a sense of normalcy

2050 Healthcare's personalized cancer rehab programs are designed to support sarcoma survivors throughout their recovery journey and return to life with dignity and independence.

Doctor's Corner

Q What is sarcoma, and how is it different from other cancers?

Sarcoma is a rare type of cancer that originates in the connective tissues, like bones, muscles, fat, nerves, or blood vessels. Unlike more common cancers that start in the epithelial tissues of an organ (like the lung, colon, or breast), sarcomas develop in the body's structural tissues and can occur anywhere.

Q What should I do if I find a lump in my body?

Do not panic; not all lumps are cancerous. But if you notice a lump that is growing, persistent, and especially feels deeply embedded under the skin, or you feel unexplained pain, consult a doctor. Accurate diagnosis can be done through imaging and biopsy. Early intervention can improve outcomes.

Q What causes sarcoma, and who is at higher risk?

Like most cancers, there is no known cause for sarcoma. It can develop from DNA mutations that affect genes responsible for regulating cell growth. However, certain factors are known to increase the risk of developing sarcoma. These include genetic factors like Gardner syndrome, Werner syndrome, and Li-Fraumeni syndrome, etc. Non-genetic risk factors include exposure to arsenic and certain chemicals like vinyl chloride, prior radiation exposure, and conditions like lymphedema.

Q How is sarcoma diagnosed?

Sarcoma diagnosis typically involves imaging techniques like MRI, CT scan, and PET scan, followed by a biopsy to confirm the type and grade of the tumor. Since there are over 70 subtypes of sarcoma, each requiring a specific line of treatment, accurate histopathological diagnosis is essential.

Q Is sarcoma treatable? What are the options available?

Yes, sarcoma is treatable. Treatment depends on the type, size, stage, and location of the cancer and the general health of the patient. It usually involves surgery combined with radiation therapy and chemotherapy. In some cases, targeted therapy, immunotherapy, and thermal ablation are also used to treat certain sarcomas. In some patients, amputation or surgical removal of the affected limb is the only safest option available.



Celebrating Doctor's Day

Honoring the silent warriors restoring your health

We are one of **India’s leading chain of rehabilitation centers** providing you with the best rehabilitation facilities such as:

- **Post Stroke Rehabilitation**
- **Neurological Rehabilitation**
- **Cardiopulmonary Rehabilitation**
- **Orthopaedic Trauma Rehabilitation**
- **Sports Injury / Spine Rehabilitation**
- **Paediatric Rehabilitation**
- **Oncology Rehabilitation**
- **Liver/Biliary Rehabilitation**



Home Healthcare Services	Day Care Procedures	Long Term Acute Care	Speech & Swallow Lab
Pharmacy 24X7	Nurses & Nursing Attendants 24X7	Occupational Therapy Lab	In-patient Rehab & Physiotherapy
Diet & Nutrition Management	Doctor Consultations	Lab & Diagnostics & Sleep Lab	Equipment (Rent & Sale)



TOUCHED
5000+ LIVES



IN 20+ CITIES DELIVERING
15+ SERVICES



WITH 1200+ QUALIFIED EXPERTS
AND 4 CENTRES OF EXCELLENCE



Corporate Office

#460, 12th cross, MCHES Layout,
Dr. Shivaram Karanth Nagar, 80ft Double Rd, Bengaluru,
Karnataka-560077

Registered Office

Office No- 525, Idco Info Park, DLF Cyber City,
Patia, Bhubaneswar, Odisha 751024

OUR PRESENCE

EAST ZONE

Bhubaneswar
Kolkata
Ranchi
Guwahati
Patna
Raipur

WEST ZONE

Ahmedabad
Mumbai
Bhopal
Pune
Nagpur

NORTH ZONE

Delhi NCR
Chandigarh
Lucknow
Jaipur
Gurgaon
Dehradun

SOUTH ZONE

Bangalore
Chennai
Hyderabad
Kochi
Visakhapatnam
Vellore

 info@2050healthcare.com  [+91-898 898 0202](tel:+91-898 898 0202)  www.2050healthcare.com

follow us:    