

Sarcoma



Sarcoma is a type of cancer that can occur in different parts of the body. It originates in bone or soft tissues such as cartilage, fat, muscle, blood vessels, tendons, or other fibrous, connective, or supportive tissues. The classification of sarcoma depends on where the cancer forms. For example, osteosarcoma forms in bone, liposarcoma forms in fat, and rhabdomyosarcoma forms in muscle. The most common types of sarcomas usually appear in the arms, legs, head, neck, or internal organs of the body. There are many types of tumors that can arise in soft tissues, but this does not mean that they are cancerous. Treatment and prognosis will depend on the type of cancer, the stage it is in, and how quickly grow or spread. Sarcoma can occur in both adults and children.

Symptoms

- Bumps on the skin
- Bone pain
- Bone fractures
- Abdominal pain
- Weight loss



Risk factor's

- Familial cancer syndromes
- Cancer radiotherapy
- Damaged in the tissue of the lymphatic system
- Exposure to chemicals such as vinyl chloride, arsenic, dioxin, herbicides, among others.

Types of soft tissue sarcoma

Adult fibrosarcoma: it usually affects the fibrous tissue in the legs, arms, or trunk. It occurs most often in people ages 20 to 60, although it can occur at any age.

Alveolar soft tissue sarcoma: it is a rare type of cancer that mostly affects young adults. They most often originate in the legs.

Angiosarcoma: it can originate in the blood or lymphatic vessels. These tumors may start in a part of the body that has been treated with radiation.

Clear cell sarcoma: is a rare cancer that starts in the tendons of the arms or legs.

Gastrointestinal stromal tumor: it is a type of sarcoma that originates in the digestive tract.

Desmoplastic small round cell tumor: is a rare sarcoma that is often found in the abdomen of adolescents and young adults.

Low Grade Fibromyxoid Sarcoma (Evans Tumor): its growth is slow, it frequently originates painlessly in the trunk, arms, or legs (especially the thigh) of young and middle-aged adults.

Malignant mesenchymoma: it is a rare type that has features of fibrosarcoma and at least two other types of sarcomas.

Kaposi's sarcoma: causes lesions to grow on the skin, mouth, nose and throat, lymph nodes, and other organs. The lesions are usually purple in color and are made up of cancer cells, new blood vessels, red blood cells, and white blood cells.

Leiomyosarcoma: is a type of cancer that begins in smooth muscle tissue, usually in the abdomen, but can also start in other parts of the body, such as the arms or legs, or in the uterus.

Rhabdomyosarcoma: t is the most common type of soft tissue sarcoma that occurs in children and begins in the muscles that attach to bones and help move the body.

Liposarcoma: are malignant tumors of tissue made up of fat. They can start anywhere on the body, but most often arise on the thighs, behind the knee, and within the back of the abdomen. They occur mostly in adults between the ages of 50 and 65.

Low-grade myxofibromas: they are most often found on the arms and legs, like a bulge under the skin. It is more common in people over 50 years of age and there may be more than one tumor.

Synovial sarcoma: it is a malignant tumor of the tissue surrounding the joints. It occurs most often in the hips, knees, ankles, and shoulders. It is more common in children and young adults, although it can occur in the elderly.

Undifferentiated pleomorphic sarcoma: it is discovered in the arms or legs. Less commonly, it can originate within the back of the abdomen (the retroperitoneum). It is more likely to occur in older adults.

Diagnosis

Some tests and procedures are used to diagnose sarcoma that can determine its stage. The doctor will review your medical history and perform a physical exam, which may include X-rays, CT scans, MRIs, and positron emission tomography (PET) scans. If the doctor suspects cancer, he or she may perform a biopsy (a sample of tissue is removed for examination in the laboratory). With the result of the biopsy, it will be possible to determine if it is cancer or a benign tumor.



Treatment

Surgery is the most common treatment. In early stages, the tumor, and a portion of the healthy tissue around it are removed. Sometimes only a small amount of tissue needs to be removed. In others, a larger area must be removed. For advanced cancers, surgery may be accompanied by radiation therapy or chemotherapy. Very rarely, it is necessary to amputate the limb.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can deal with emotional and physical concerns that occur during and after your medical treatment, please visit your primary care doctor or contact the following phone lines:

First Health Call

1-866-337-3338

TTY/TDD: 1-866-921-0101

APS Healthcare

787-641-9133

References

- (2022)<https://www.cancer.org/es/cancer/sarcoma-de-tejidos-blandos/acerca/sarcoma-de-tejidos-blandos.html>
- (2022) <https://www.mayoclinic.org/es-es/diseases-conditions/sarcoma/diagnosis-treatment/drc-20452650>
- (2021)https://medlineplus.gov/spanish/softtissuesarcoma.html#cat_92

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