

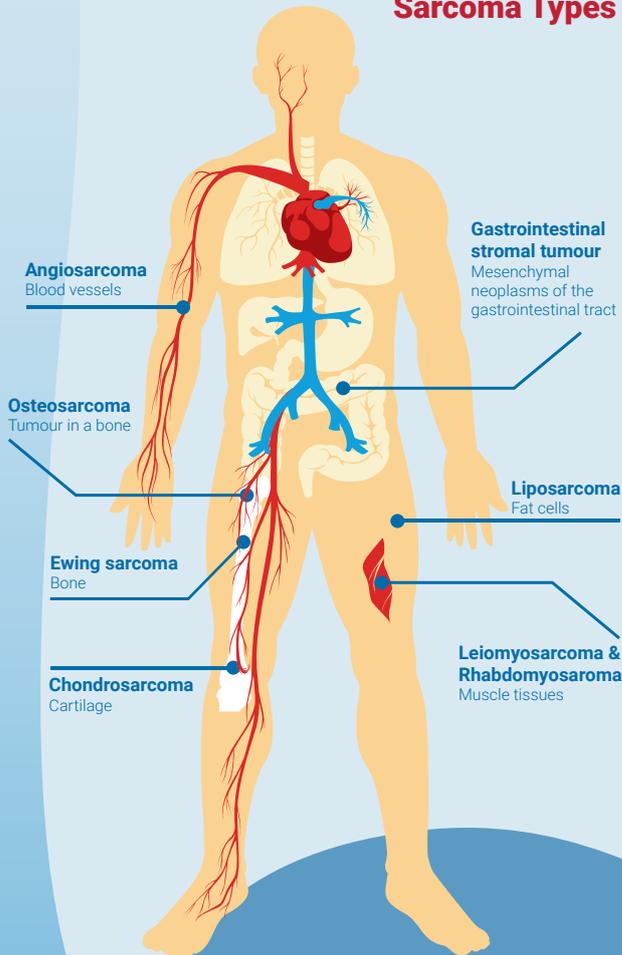
## What is Sarcoma?

### Sarcoma can form anywhere in the body at any age.

Sarcoma is a rare and complex cancer arising from the bone, cartilage or soft tissues such as fat, muscle, connective tissue or blood vessels.

Sarcomas can form anywhere in the body and are often misdiagnosed as a benign lump, or as a sporting injury or growing pains in young people.

#### Sarcoma Types



#### Prevalence



Sarcoma makes up only 1% of all adult cancers.



Sarcoma accounts for about 20% of cancers diagnosed in childhood, making it one of the most common cancers in children.



Sarcoma makes up to 10% of cancers among adolescent and young adults (aged 15-25).

#### Mortality



The 5-year survival rates for adults and children with bone and soft tissue sarcomas are estimated at 70% and 67% respectively.

### Soft Tissue Sarcoma

Soft tissue sarcomas are rare types of sarcomas that develop in connective tissues such as fats, muscles, nerves, deep skin tissues and blood vessels.

There are over 70 subtypes of soft tissue sarcomas, and some of the most common types are Liposarcoma, Leiomyosarcoma, Rhabdomyosarcoma, Angiosarcoma, etc.

Usually forming first as a painless lump (tumour), soft tissue sarcomas often have no obvious symptoms in the early stages, but can cause pain as they get bigger or spread.

The main treatments for soft tissue sarcoma are surgery, radiotherapy and chemotherapy. These treatments can be given alone or in combination.

### Bone Sarcoma

Bone sarcoma is a rare type of cancer that arises from bone and cartilage, commonly presenting with a painful lump in common areas such as the knee, wrist, shoulder and pelvis.

About 200 Australians are diagnosed with bone sarcoma each year; and it is more common among children, youth and young adults.

The most common types of bone sarcoma are Osteosarcoma, Chondrosarcoma and Ewing sarcoma.

Osteosarcoma and Ewing sarcoma are treated with multimodality (combination) approach, including chemotherapy, surgery and/or radiotherapy.

Chondrosarcoma is generally managed with surgery alone.

**To find out more about sarcoma,  
visit [www.sarcoma.org.au](http://www.sarcoma.org.au)**

Information sourced from:

1. **Cancer Council Victoria** - <https://www.cancerciv.org.au/cancer-information/types-of-cancer/soft-tissue-cancers/soft-tissue-cancers-overview.html>
2. **Mayo Clinic** - <https://www.mayoclinic.org/diseases-conditions/soft-tissue-sarcoma/symptoms-causes/syc-20377725>
3. **The Liddy Shriver Sarcoma Initiative** - [http://sarcomahelp.org/sarcoma-treatment.html#tpm1\\_3](http://sarcomahelp.org/sarcoma-treatment.html#tpm1_3)
4. **Australian Institute of Health and Welfare** - <https://www.aihw.gov.au/reports/cancer/cancer-data-in-australia/contents/survival>

## Who are we?

The Australia and New Zealand Sarcoma Association (ANZSA) is the peak body for the sarcoma community (healthcare professionals, researchers, patients and their families) that aims to improve outcomes for sarcoma patients through research, education and awareness of sarcomas and related tumours. As a registered charity, ANZSA dedicates 100% of the donations it receives toward high-quality sarcoma research and clinical trials to save and improve lives.

## ANZSA Sarcoma Research

Since its inception in 2008, ANZSA has been involved in many sarcoma-related studies and clinical trials, both locally and internationally. All of ANZSA's research projects are based on the rigorous review of the science, the evidence and the need in our population as determined by our Scientific Advisory Committee.

## ANZSA Sarcoma Research Grant Program

Every year, ANZSA is proud to fund Australian researchers through its Sarcoma Research Grant Program. The ANZSA Sarcoma Research Grant Program is funded by generous sarcoma charitable foundations that were established by friends and families who have been touched by sarcomas.

## Support Our Research

Sarcoma research receives significantly less funding than other types of cancers due to the rarity and varied types of sarcoma tumours. As a result, sarcoma researchers have limited resources to work on projects that may be the next breakthrough in sarcoma diagnosis or treatment.

## Ways to support us:



Give regularly or once  
Donate in memory  
Leave a bequest



Fundraise through  
an activity



Partner with us by  
funding: A sarcoma  
project or A Sarcoma  
Research Grant Program



Raise awareness for  
sarcoma and ANZSA

**We'd love to hear from you! For more information about ANZSA and how you can get involved:**



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sarcoma.org.au