

Medical Advisory Board

OF REIN IN SARCOMA

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REIN IN SARCOMA

is dedicated to educating the public and medical community about sarcomas, supporting sarcoma patients and their loved ones, and funding research directed toward developing new treatments and finding a cure for sarcoma cancers.



The Red Flags of Sarcoma Cancers



reininsarcoma.org

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REIN IN
SARCOMA

Increase awareness. Increase survivors.

Lumps, Bumps and Bruises

THE RED FLAGS OF SARCOMA

Sarcoma cancers:

- Can grow in bones, muscles, or any soft tissue in the body—even fat, nerves and vessels.
- Can occur in people of all ages.
- Are among the five most common childhood cancers.
- Are commonly overlooked and too often misdiagnosed.

Not all lumps, bumps and bruises are cancerous. However, sarcoma is best treated if diagnosed early. Be vigilant, seek help and ask questions.

Be alert to:

- Any lump or bump:
 - that is deep, new or getting larger.
 - that is 1 - 2 inches large (no larger than a golf ball).
 - anywhere in your body.
 - whether or not it hurts (not all sarcomas are painful).
- Pain:
 - that is not explained by injury or excessive activity.
 - that occurs at night.
 - that persists when resting the sore area.
 - that lasts more than one month.

Be sure to seek medical attention if you or your child experiences:

- More pain than is expected from an incident.
- Pain that doesn't go away despite treatment.
- Any areas on the body that should be the same on both sides, but are not.
- Discomfort when moving an arm or leg.
- A lump or bump that is growing and may or may not be painful.

The Stories of Sarcoma

DON'T TAKE YOUR LUMPS LIGHTLY



Annette started having pain in her foot in the fall of 2013. After many tests, medications, doctors and enduring more than a year of intractable pain, Annette was on the brink of suicide. Finally, her own research revealed the possibility of a tumor on her sciatic nerve. A Sarcoma diagnosis was confirmed in 2015. Annette underwent months of radiation treatments, surgery and therapy. Eight months later, routine scans revealed a recurrence in her dominant arm and the treatment cycle started again.

Annette Bonaventura

"I'm still me! When I have a good day, I live that day to the fullest. Thanks to my dog, foster parents, friends and all the people at RIS. With kindness, care and perseverance, there is hope in this world."



In December of 2002, Ruth noticed a lump on the wrist of her dominant left hand. After seven weeks of asking friends and family what they thought it might be, she went to see an orthopedic surgeon. She was lucky that the doctor recognized the potential of Sarcoma; a diagnosis confirmed with an MRI. The growing tumor did not respond to chemotherapy and a radical, trans-radial amputation of Ruth's left wrist and hand was performed.

Ruth Bachman

"I am grateful for 16 years of living life and putting forth the effort every day to ask for help, learn to do things a new way or sometimes decide gracefully not to do something. I have been told that I have a very easy cancer story – that I only had cancer for three months –but I do live every day with one hand."



During Julian's first semester at college, he felt pain ripple through his shoulder while playing basketball. Over many months, five doctors diagnosed his increasingly debilitating shoulder pain as a sports injury. Finally, after a trip to the emergency room and proper imaging, the sixth doctor got it right: Osteosarcoma. Aggressive treatment gave him precious additional time with his family, but 18 months later Julian died at the age of 21.

Jasmine Baultrippe, speaking to second year medical students about her brother's misdiagnosis story.

"Which doctor do you want to be: doctors one through five, or doctor six: the one that got it right?"



In October 2016, Blake went to his primary care doctor with pain in his left foot. As a very active person, he thought it may be a stress fracture. The doctor chalked it up to gout, even though he didn't fit the typical mold of someone that suffers from gout. Within three months, the pain became unbearable. Blake took it upon himself to go to a foot doctor, who ordered an MRI, which found a 4mm tumor in his first metatarsal: Ewing's Sarcoma. The diagnosis was confirmed, and Blake underwent nine months of chemotherapy followed by a partial foot amputation.

Blake Hastings

"I feel that if I did not take matters into my own hands, the diagnosis could have been further delayed. I am two years removed from the end of treatment and feeling great!"



We are asking you to help save lives.

If a person you know shows any of the symptoms listed, please seek proper medical attention.