Lumps, Bumps, and Things that *may* keep you awake at night!

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Lumps

Surface Chondrosarcoma
Bumps

Things that May Scare you...

What is a SARCOMA?
“The Root of Sarcoma…”

SARCOMA

sarı (σάρκα)

Fleshy Tumor
"A spindle cell neoplasm of the connective and/or support tissue of the musculoskeletal system"

Rare
- Less than 1% of all malignancies
- Approximately 8000 new cases a year in the United States

Who Get's it?
- Children and Adults
  - 70% of soft tissue sarcomas are in patients over the age of 40
  - GIST
  - Leiomyosarcoma
  - Ewing Sarcoma, Osteosarcoma more common in the young and adolescent population
  - Chondrosarcoma more common in the elderly
Avoid Delay...

- 50% of patients have their diagnosis delayed by as much as 4 months after seeing a health care provider
- 20% of patients delayed as much as 6 months after seeing a health care provider

History and Physical Exam

- An appropriate History and Physical Exam is essential to the evaluation of a patient with a suspicious mass
- Helps to answer the question... Is further workup necessary?

Physical Exam
Diagnosis

Pain
History of Trauma
Rapid/slow growth
Mobile
Small
Large
Radicular Pain
Night Pain

What relieves the pain?

History of Cancer
Incidental Finding?

History of Present Illness...

Common Benign Soft Tissue Lesions of Youth

• Hemangioma
• Granuloma Annulare
• Lipoblastoma
• Lipoma
• GCT of Tendon Sheath
• Schwannoma
Common Malignant Soft Tissue Lesions of Youth

- Fibrosarcoma
- Rhabdomyosarcoma
- Synovial Sarcoma
- MPNST
- Epithelioid Sarcoma

Radiographs

- All bone and soft tissue need to be at least evaluated with plain film radiographs
- Do not pass the Do not collect $200
One View is No View

Evaluation of Lumps and Bumps

- MUST have Imaging
- MUST have a competent Differential Diagnosis
- Biopsy should be performed by treating physician/team
- Blind Assumptions are never a good idea

4 Most Common Assumptions...

And you know what happens when you assume...
Assumption #1: It's just a lipoma...

Lipoma

High Grade Malignant Soft tissue Sarcoma
Assumption #2: It's just growing pains...
AGE...
- 1% of cancers are in children
- 7% of cancers are in the young adult population
- 20-40 years of age

Cancer and the Young and Adolescent Adult
- Among 20- to 39-year-olds, cancer causes more deaths than any other disease except depression that culminates in suicide.
- 2009 Bleyer Semin Onc

Assumption #3:
It’s just a biopsy...so it doesn’t matter how it’s done...
Assumption #4:
It’s a hematoma…

How about 1 take away point!?!
Limb Preserving Surgery

- LimbPreserving surgery is now more frequently an option because of advances in adjuvant therapies, imaging modalities, implant development.

Computer Navigation
Non-invasive Expandable Implants

Orthopaedic Oncologist is your Friend!!

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