

Did you know

July is Sarcoma Awareness Month

Sarcoma is a rare form of cancer- in fact, it comprises approximately one percent of all cancers diagnosed. Sarcoma arises in the connective tissues of the body – including fat, blood vessels , nerves, bones and muscles.

FACTS ABOUT SARCOMA

There are more than **50** types of Sarcoma

0.2%
Its approx 0.2% of all cancers with Bone Cancers (Osteosarcoma, Ewing Sarcoma and Chondrosarcoma) being the most common.

Most Common Soft Tissue Sarcoma Are

- LIPOSARCOMA
- SYNOVIAL SARCOMA
- RHABDOMYOSARCOMA

Symptoms

Any Lump Or Bump

- Enlarging Over Time
- Involving Deep Tissue
- Presenting With Or Without Pain

Unexplained Pain Or Tenderness

- Occurring At Night
- Persisting When Resting

It's cause is unknown

RISK FACTORS

- Inherited genetic conditions
- Exposure to radiation
- Exposure to certain chemicals

DIAGNOSIS

- Imaging tests like X-ray, MRI and /or CT scan
- Blood Tests
- Biopsy
- PET Scan

TREATMENT

- Surgery is main stay of treatment.
- Some sarcomas also require chemotherapy and radiotherapy.

Personal pledge checklist

- I will use the correct equipment for job at hand
- I will identify, evaluate, control, and report hazards
- I will participate in HSE compliance and communication
- I will be committed to safety of myself and others
- I will comply with clients' safety procedures
- I will use appropriate PPE for job at hand



**NEXT SAFETY MEETING
IS LAST THURSDAY OF
THIS MONTH**

Safety! My Responsibility!!!