

Sarcoma Strong 5K



When: August 14th-16th
Where: Global locations
Run/Walk: Wherever you are
Share: On social media

Register:

https://www.zippyreg.com/online_reg/index.php?e=1365

Visit us: sarcomastrong.com

**Join a team. Team Name:
Virginia Cancer Specialists**



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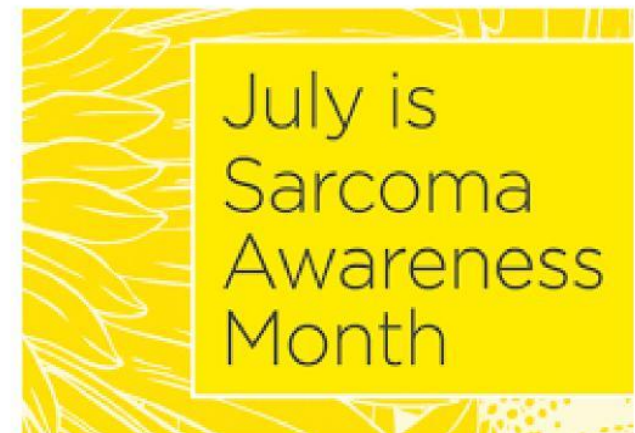
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Our Mission



Raise Sarcoma Awareness

Advocate for Sarcoma Families

Raise funds for Sarcoma Research



Soft Tissue vs Bone Symptoms

Soft tissue sarcomas typically present as a painless growing mass. Any mass bigger than a golf ball needs to be evaluated by a physician.



Bone sarcomas frequently present with pain and an enlarging mass. Sometimes if the bone is weak the patient can fracture as an initial presentation of their disease.



What is Sarcoma?

Sarcomas are cancerous tumors of the connective tissue (blood vessels, fat, nerves, muscle, and bone).

Sarcomas originate in:
Bone or Soft tissue

Most common bone sarcomas:

1. Osteosarcoma
2. Ewing's sarcoma
3. Chondrosarcoma

Most common STS:

1. Liposarcoma
2. UPS
3. Synovial sarcoma

STS Soft Tissue Sarcoma

UPS Undifferentiated Pleomorphic Sarcoma