

Alliance Lenz

Alliance For CancerCare Equity

Monthly NEWSLETTER

August 2024



This Month's News

Our mission is clear: to ensure every cancer patient in Ghana and Canada receives the treatment they need, regardless of their financial situation. Every day, we witness firsthand how your gifts transform lives, providing essential care to those facing immense challenges. Consider Salomey, a 42-year-old mother of a young child, who nearly gave up treatment due to financial difficulties after she mortgaged all her annual income for the initial treatment of invasive breast cancer. Thanks to ACCE's support, she completed her radiotherapy and now embraces a renewed life with her 2-year old young child. [Click to hear her inspiring story.](#)

ACCE Support Updates: *(100% of your donations go toward cancer treatment)*

In June 2024, ACCE contributed \$7,187 to support a patient's treatment in Kitchener-Waterloo. So far this year, ACCE has contributed over \$11,000 to support ongoing patients treatments in Ghana.

[Ask The Expert](#)

Sarcoma and Bone Cancer Awareness:

Sarcomas are a rare group of cancers that affect bones or soft tissues of the body. It affects males and females and individuals of any age and every racial and ethnic group. This is a large group of tumors, but overall, they are still classified as rare disorders. Estimates of their frequency varies. The American Cancer Society estimates that soft tissue sarcomas account for about 2% of all cancers and is prevalent in children and young adults. However, because rare diseases often go misdiagnosed or undiagnosed, determining their true frequency in the general population is difficult.

The world knows Terry Fox, but few know that the disease which claimed his life was osteosarcoma, a form of sarcoma cancer. Since Fox's heroic battle with cancer in 1981, much progress has been made in treating and curing this insidious disease. Just as he did, by raising awareness of sarcoma cancer and its symptoms, our hope is that through our effort more patients will be diagnosed and treated early to increase their chance of survival and improve their quality of life. **continue on page 2**

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THANKS TO ALL OUR DONORS & SUPPORTERS

Thank you for your generous donations to Alliance for CancerCare Equity! Your support empowers us to provide crucial treatment to those in need. You make a real difference—**thank you for being such vital partners in this mission!**

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Sarcoma Cancer Awareness... continues.

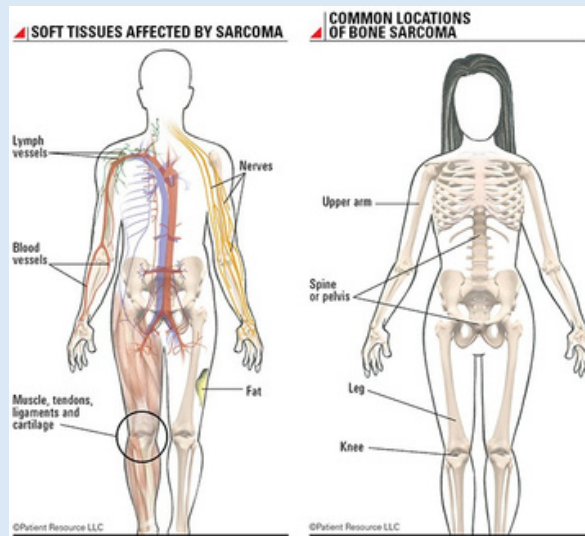
What is Sarcoma?

A sarcoma is a malignant tumor that develops from the muscle (soft tissue sarcoma) or bone (osteosarcoma). Soft tissue sarcoma affects the body's connective tissues such as nerves, muscles, joints, fat and blood vessels. There are more than 50 kinds of soft tissue sarcomas, but more than half start in the arms or legs. Due to the fact that the tissues affected can be found anywhere on the body, soft tissue sarcoma does not target one particular area of the body. Bone cancers can be divided into Osteosarcoma (often in children and young adults (ages 10-25)), Chondrosarcoma (most frequently seen in adults over the age of 50), and Ewings Sarcoma (primarily in children and young adults (age 10-25)).

What are the risk factors for sarcoma?

A risk factor is anything that increases a person's chance of developing cancer. It could be a lifestyle, substance or condition. Although risk factors often influence the development of cancer, most do not directly cause cancer.

- **Radiation exposure** from radiation therapy, like breast cancer or lymphoma, accounts for less than 5% of sarcomas. The average time between the radiation treatments and the diagnosis of a sarcoma is about 10 years.
- **Family cancer syndromes**, caused by gene defects (mutations) increase a person's risk of developing soft tissue sarcomas.
- Damage to lymphatic vessels can result in tumor that develops in the lymph vessel.
- **Exposure to certain chemicals** is a risk factor for developing sarcomas of the liver.



How is sarcoma diagnosed?

A diagnosis of soft tissue sarcoma is based upon identification of characteristic symptoms, a detailed patient and family history, a thorough clinical evaluation and a variety of specialized tests. A physical examination can reveal a mass or growth that can be painless.

A biopsy, a test where a piece of tissue is taken from the tumor and examined under a microscope, is the only way to definitively tell if a mass or tumor is a sarcoma. Imaging techniques (CT, MRI or PET) may be used before or after a biopsy is taken to evaluate the size, placement, and extension of the tumor to determine whether the tumor has spread (metastasized) to other parts of the body.

Useful Resources:

- <https://cancer.ca/en/cancer-information>
- <https://www.aacr.org/patients-caregivers>
- <https://www.cancer.gov/types/bladder>