

ALLIANCE LENZ

Sarcoma & Bone Cancer Awareness Month

July 2026



What is Sarcoma & Bone Cancer Awareness Month?

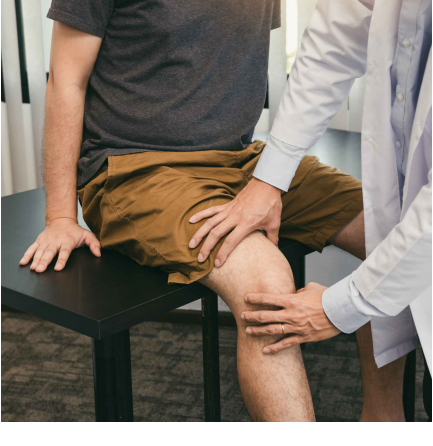
Every July, Sarcoma & Bone Cancer Awareness Month highlights sarcoma, a rare cancer that begins in the body's connective tissues, including bone. Because most primary bone cancers are sarcomas, this month raises awareness of both while encouraging early diagnosis and supporting those affected.

Learn more

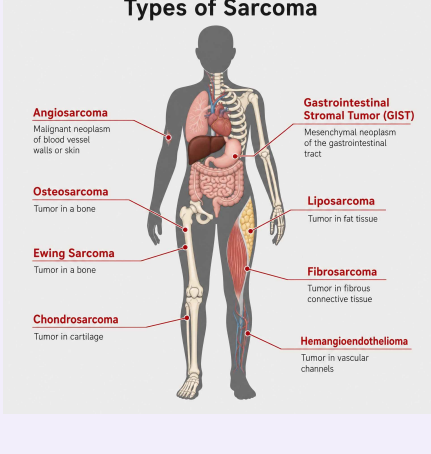
Did you know?

Sarcoma is one of the rarest cancers

Sarcomas make up about 1% of all adult cancers, making them one of the rarest groups of cancers. In Canada, soft tissue sarcoma affects about 4 in every 100,000 people. Because it is so uncommon, many people have never heard of sarcoma until it affects them or someone they know.



Learn more



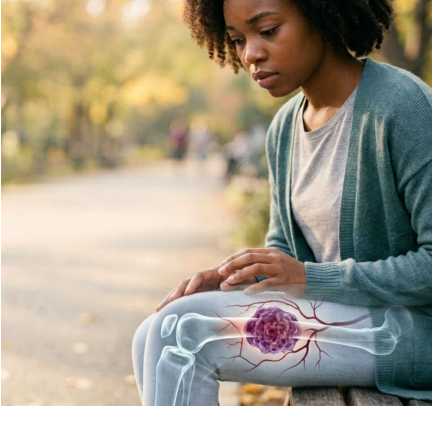
There are over 70 types of sarcoma

Sarcoma is not a single disease, but a group of cancers that can develop in bone or soft tissues such as muscle, fat, nerves, blood vessels, and cartilage. Each subtype can behave differently and may require different treatment approaches.

Learn more

Early signs of bone cancer are subtle

Bone cancer often has no clear early symptoms, and signs appear as it grows. The most common symptom is ongoing bone or joint pain, sometimes with swelling, a lump, or reduced movement. Most primary bone cancers are sarcomas, such as osteosarcoma and chondrosarcoma, usually found in the long bones of the arms and legs.



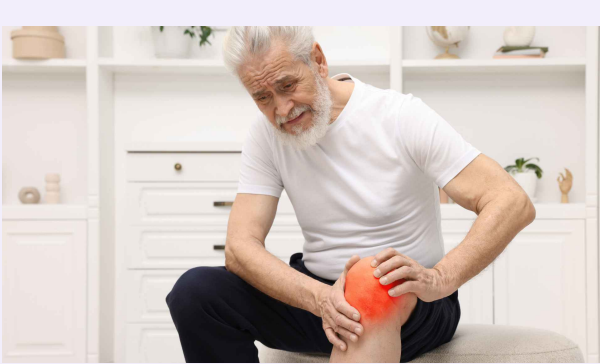
Learn more

Learn the Warning Signs



Pay attention to persistent pain

Check bone or joint pain that doesn't go away or worsens over time.



Don't ignore a growing lump

A lump near a bone may feel warm, often in the arms, legs or pelvis.



Notice changes in movement

Ongoing limping, stiffness, or difficulty using a limb may need attention.



Take unusual symptoms seriously

A bone that breaks after a minor injury or ongoing numbness should be checked.

Word Puzzle



ACCE
 Word Search


Find the Sarcoma & Bone Cancer Words

N V Z V L S O S S N T
 L M B S X R P I G Y I
 Q R E S E A R C H C S
 H Z S H R L Y W Y B S
 L K M J T E V S I Y U
 B C A Q W T P G Q E E
 O S A R C O M A I S R
 B A I N I H Q X U O A
 N A I B V B O N E L Q
 J A D I A G N O S I S
 P Y L U M P L U H G A

Sarcoma

Bone

Pain

Research

Biopsy

Lump

Tissue

Diagnosis

Play here!



[Subscribe to the newsletter](#)

© 2025 Alliance for CancerCare Equity. All rights reserved.

You are receiving this email because you opted in via our website.

[Update your preferences](#) | [Unsubscribe](#)

[View this email in your browser](#)

