

# Ewing's Sarcoma

## Information for patients



## What is Ewing's sarcoma?

Ewing's sarcoma is a malignant tumour which mainly occurs in the bones of the arms and legs and the surrounding soft tissue. It is a primary bone tumour, which means that the cancer begins in the bone itself. Any bone can be affected, but the pelvis, femur (thigh bone) and tibia (shin bone) are the most common sites. Ewing's sarcoma is most commonly found in teenagers and young adults, and is slightly more common in males than females.

Extra osseous Ewing's sarcoma is found in the soft tissues of the body and has the same characteristics and treatment as Ewing's Bone Sarcomas.

## Diagnosis

Diagnosis is confirmed following imaging (X-ray, MRI scans) and histology (results) from the biopsy taken from the tumour tissue. The tumour will also be 'graded' depending on how fast it is growing and how likely it is to spread to other places in the body.

As with all cancers it is important to check for any potential cancer spread (metastasis) to other sites in the body. In Ewing's sarcoma this is most commonly seen in the lungs. We will carry out careful monitoring of your lungs with PET/CT chest scans throughout your treatment and for a period of years afterwards.

## Treatment options

Ewing's sarcomas are treated with a combination of methods. These may include chemotherapy, surgery and radiotherapy. Treatment options will depend on a number of factors, such as:

- the position, size and grade of the tumour
- whether it has spread anywhere else
- your general health.

Most people with Ewing's sarcoma will receive chemotherapy to shrink the tumour and also treat any cancer cells that may have spread to other parts of the body. Between three and six months later, the tumour may be removed with surgery or treated with radiotherapy. Chemotherapy will often continue after either surgery or radiotherapy, in order to destroy any remaining cancer cells and stop the sarcoma from spreading.

## Further reading

### **Websites:**

[www.macmillan.org.uk/Cancerinformation/teensandyoungadults/Infoforteensandyoungadults.aspx](http://www.macmillan.org.uk/Cancerinformation/teensandyoungadults/Infoforteensandyoungadults.aspx)

[www.macmillan.org.uk/Cancerinformation/Cancertypes/Bone/Typesofbonecancer/Ewingsarcoma.aspx](http://www.macmillan.org.uk/Cancerinformation/Cancertypes/Bone/Typesofbonecancer/Ewingsarcoma.aspx)

## Further support

### **Macmillan Cancer Support**

Tel: 0808 080 2020

<http://www.macmillan.org.uk/home.aspx>

### **Oxford Sarcoma**

<http://www.oxfordsarcoma.co.uk/>

If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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[www.ouh.nhs.uk/patient-guide/leaflets/library.aspx](http://www.ouh.nhs.uk/patient-guide/leaflets/library.aspx)

