

# Malignant Fibrous Histiocytoma of bone

Information for patients



# What is malignant fibrous histiocytoma of bone?

Malignant fibrous histiocytoma (MFH) is either a primary malignant disease of the bone (where it begins in the bone itself) or secondary, which means it develops as a result of another condition, such as Paget's disease. It is relatively rare.\*

MFH is also sometimes known as UPS (undifferentiated pleomorphic sarcoma).

Each type of sarcoma is named after the type of cell from which it has grown, rather than the part of the body in which it started.

MFH tumours affect adults of all ages and are more commonly found in males than females. The long bones of the lower limbs are the most common areas affected, although tumours can also develop in the pelvis.

Pain in these areas is often the main symptom. As the tumour can weaken the bone where it has developed, it can sometimes cause a break (fracture) which may be the first sign of a problem.

## Diagnostics

Diagnosis is confirmed following imaging (X-ray, MRI, and CT scans) and histology (results) from the biopsy taken from the tumour tissue.

As with all cancers it is important that we check to see whether the cancer has spread (metastasised) to other sites in the body, such as the lungs, before we start your treatments.

## Treatment Options

The type of treatment that you are given will depend on a number of factors including the position and size of the tumour, whether it has spread and your general health. MFH are 'graded' depending on how fast they are growing and how likely they are to spread to other places in the body.

The most common treatment for MFH is surgery to remove the tumour. If the tumour is of a higher grade then you may have chemotherapy before your surgery. You may also have a course of radiotherapy or chemotherapy after the surgery, to reduce any chance of the cancer returning.

After your treatment has finished, your doctors will want you to come back to hospital regularly for follow up scans and to see how you are.

## Further reading

### **Macmillan booklet:**

Understanding Primary Bone Cancer

<http://be.macmillan.org.uk/be/p-236-understanding-primary-bone-cancer.aspx>

eMedTV website

<http://bone-cancer.emedtv.com/malignant-fibrous-histiocytoma/malignant-fibrous-histiocytoma-p2.html>

\*WHO classification of tumours 2013

## Further support

### **Macmillan Cancer Support**

Tel: 0808 080 2020

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

### **Oxford Sarcoma**

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

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