Oxford University Hospitals NHS
NHS Trust

Pleomorphic Malignant Fibrous Histiocytoma

Information for patients

What is pleomorphic malignant fibrous histiocytoma?

Pleomorphic malignant fibrous histiocytoma (PMFH) tumours are soft tissue tumours. Soft tissue tumours are diseases where cancer cells are found in the soft tissue of the body. Soft tissues include:

- muscles
- tendons
- connective tissues
- fat
- blood vessels
- nerves
- joint tissues.

Soft tissue sarcomas are rare, making up less than 1% of all cancers. 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.

Pleomorphic malignant fibrous histiocytoma (PMFH) tumours occur most commonly in later adult life. They are the most common type of sarcoma in this age group. PMFH's are more commonly found in deep soft tissues of the lower limbs. They occur more often in males than females.

Pleomorphic malignant fibrous histiocytoma is also known as pleomorphic undifferentiated sarcoma.

Diagnostics

Diagnosis is confirmed following imaging (X-ray, MRI and CT Chest 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, such as the lungs. We will do this by taking CT or PET CT scans before we start your treatment.

Treatment options

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.

The most common treatment for PMFH is surgery to remove the tumour. If the tumour is of low grade then this may be all the treatment that is required. If the tumour is of a higher grade then surgery is usually followed by a course of radiotherapy or chemotherapy 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 booklets:

Understanding soft tissue sarcomas

http://be.macmillan.org.uk/Downloads/CancerInformation/CancerTypes/MAC11654Softtissuesarcomas-E8.pdf

Websites:

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

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**

Wendy Perrin, Associate Advanced Nurse Practitioner, Sarcoma
June 2014
Review: June 2017
Oxford University Hospitals NHS Trust
Oxford OX3 9DU
www.ouh.nhs.uk/patient-guide/leaflets/library.aspx

OMI 10629P