Soft tissue sarcoma (STS) is a malignant tumor of connective tissue, accounting for about 1% of all human cancers. Patients with aSTS have a poor prognosis, with a median overall survival (OS) of 8 to 12 months from time of advanced diagnosis. Approximately 50% of patients are diagnosed with or expected to progress to advanced or metastatic disease (aSTS) approximately 50% of patients.

**Diagnosis**

- **Ultrasound** may be the first exam, but it should be followed by a CT or MRI.
- Following appropriate imaging assessment, the standard approach to diagnosis consists of multiple core needle biopsies.

**Management of aSTS**

- **A multidisciplinary approach** is recommended, which can include support from pathologists, radiologists, surgeons, radiation therapists, medical oncologists as well as nuclear medicine specialists and organ specialists.

**Surgery**

- Surgery is the most common first treatment for sarcomas that are small and in specific locations.

**Radiation Therapy**

- Chemotherapy and radiation treatment options may be combined.

**Systemic Therapy**

- Conventional cytotoxic chemotherapy is the standard treatment option for aSTS patients.

**Targeted Therapies**

- These therapies aim to disrupt the cancer’s cell growth and survival.

**Most Common Primary Sites of STS**

- **Extremities**
  - Arms and legs are the most common sites of metastasis in patients with sarcoma.
  - Approximately 43% of patients have STS in the extremities.

- **Internal Organs**
  - 19% of patients have STS in the internal organs.

- **Retropertitoneum**
  - 15% of patients have STS in the retroperitoneum.

- **The Trunk**
  - 10% of patients have STS in the trunk.

- **Head and Neck**
  - 9% of patients have STS in the head and neck.

**SOME SIGNS AND SYMPTOMS OF aSTS MAY INCLUDE:**

- Increasing abdominal pain
- A new lump or a lump that is growing (anywhere on the body)
- Blood in the stool or vomit
- Black, tarry stools

**Additional Information**

- STS can develop from soft tissues like fat, muscle, nerves, fibrous tissues, blood vessels or deep skin tissues.

- The 5-year survival rate for aSTS is 16%.

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