



Your referral explained

You have been referred to a sarcoma specialist centre to investigate your symptoms



SarcomaUK

The bone & soft tissue cancer charity

**A Sarcoma UK
Factsheet**

produced by
the information
and support team

A referral to a specialist sarcoma team is important to get the right diagnosis.



What is sarcoma?

Sarcoma is a rare type of cancer that develops in the connective tissues - muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues. They can occur anywhere in the body.



Does this mean I have sarcoma?

Most lumps and bumps are benign, this means they are not cancer. **8 out of 10 people referred to a sarcoma specialist centre do not have a sarcoma.**

It's more common to have:

- **A lipoma** - a lump made up of fatty tissue
- **A skin cyst** - a lump filled with fluid

It can be hard to tell a lipoma or cyst from something more serious. An expert sarcoma team can make the right diagnosis so you get the care you need.



Investigations and tests

A specialist team may use different tests and scans to see if you have sarcoma

- X ray
- Ultrasound
- Physical examination
- Computer Tomography (CT)
- Magnetic Resonance Imaging (MRI)
- A core needle biopsy



Waiting for results

It can take a few weeks for your results to come through. Your scans and test results are looked at and then discussed by a team of experts called a multidisciplinary team or MDT. This MDT will work out your diagnosis. Only then will you get your results.

We understand this can be an anxious time, to help you can:

- Ask your doctor or specialist nurse for an idea of how long your test results are likely to take.
- Contact your GP if your symptoms get worse or if you are worried about anything.
- Speak to Sarcoma UK's Support Line.



What will my results tell me?

If you don't have a sarcoma you will be discharged from the sarcoma specialist centre. If your symptoms begin to change or become painful you can go back to your GP for advice.

If you do have a sarcoma the sarcoma specialist team will ensure you get the right treatment and care. Some benign tumours, like desmoid fibromatosis and giant cell tumours of the bone, are also treated by sarcoma teams.

Your team will include:

- Oncologist (cancer doctor)
- Surgeon
- Radiologist
- Clinical Nurse Specialist (CNS)

If you have questions about sarcoma speak to your clinical nurse specialist or contact Sarcoma UK's Support Line.

Talking to us

 **0808 801 0401**

 supportline@sarcoma.org.uk

Our Support Line offers practical and emotional support and advice to anyone affected by sarcoma.

- Our support line is independent & confidential.
- We believe no question is a silly question.
- We lend a listening ear.

We can point you in the right direction.



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