Goals for 2015

> Enhance the multidisciplinary services for pediatric sarcoma care at Albany Med

> Connect more sarcoma families with each other:
  - Support and guide each other on their journeys
  - Pool resources and inspire community involvement

> Enhance the Team Sarcoma 5K event:
  - Increase participation in 2015 Team Sarcoma 5K Run/Walk: Goal 500+ participants
  - Fundraising goal $40-50K
  - Use funds to support a sarcoma research grant nationally
  - Establish a collaborative effort with Musculoskeletal Tumor Society

> Improve community awareness through:
  - News media, TV, Radio, newspaper exposure, educational symposiums

About Matthew R. DiCaprio, MD

Orthopaedic Residency: Yale
Fellowship: University of Florida Orthopaedic Oncology

• Expert in diagnosis and treatment of benign and malignant bone and soft tissue tumors.
• Specialist in limb salvage resections and reconstructions.
• Multidisciplinary care of orthopedic tumors including metastatic bone disease.

Areas of research interest:
• Ewing’s sarcoma and Osteosarcoma
• Soft tissue sarcomas, pediatric and adult
• Limb salvage
• Prophylactic fixation of metastatic bone disease
• Multiple hereditary exostosis
• Fibrous dysplasia
• Langerhans cell histiocytosis
• Musculoskeletal education

Focus on the positive.
– Benjamin Stowell

Keep your thoughts positive, because your thoughts become your words.
Keep your words positive, because your words become your behavior.
Keep your behavior positive, because your behavior become your habits.
Keep your habits positive, because your habits become your values.
Keep your values positive, because your values become your destiny.
– Mahatma Gandhi

SAVE THE DATE:
Saturday, July 11, 2015 • 9 a.m.
Warming Hut • Saratoga State Park
Team Sarcoma 5K Run/Walk
Celebration and picnic will follow race. Follow sarcomastrong.com for event updates and online registration.
General Sarcoma Facts

Sarcomas are rare, malignant tumors of the connective tissues (bone, cartilage, muscle, fat, nerves and blood vessels). Sarcomas that arise in the soft tissues are three times as common as sarcomas that start in our bones. Approximately 12,000 new patients will be diagnosed with sarcoma in 2015.

Sarcoma does not discriminate: gender, age or race.

For the vast majority there is no cause for why the sarcoma developed. The only known exposures linked to developing a sarcoma is exposure to high doses of radiation and Agent Orange.

There is frequently a delay in diagnosing a sarcoma. Most clinicians have never seen a patient with a sarcoma and view most masses as lipomas, ganglions or hematomas.

Most patients with sarcoma are not sick, they feel healthy. When sarcoma develops in the soft tissues it typically presents as a painless mass or swelling. Bone sarcomas will usually present with progressive pain and/or a mass.

The most common way for sarcoma to spread is by travelling through the blood stream and going to the lungs. Chest imaging performed at diagnosis and at specific intervals after treatment to detect any silent disease. Bone scans are also used for evaluating bone sarcomas. PET scans are gaining popularity but are not standardly utilized.

General treatment includes chemotherapy and surgery for pediatric bone sarcomas, and radiation therapy and surgery for soft tissue sarcomas. This is the standard but each case requires a customized treatment plan by a multidisciplinary team of doctors. Some bone sarcomas receive radiation and some soft tissue sarcoma patients will receive chemotherapy. A team of doctors at Albany Med meet every other week at a Multidisciplinary Orthopaedic Oncology Tumor Board to improve diagnostic acumen and design customized treatment protocols for each new patient diagnosed or facing a recurrence of their disease.

Current research is focused on finding molecular or genetic targets for each tumor subtype to improve treatment response and lessen side effects of current treatments. Some researchers are also trying to utilize a patient’s own immune system to fight the cancer cells either with vaccines or other immune modulating agents.

Upcoming Orthopaedic Oncology Meetings

<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
<th>Dates</th>
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<tbody>
<tr>
<td>AAOS/MSTS – Musculoskeletal Tumor Society</td>
<td>Las Vegas, NV</td>
<td>March 28, 2015</td>
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<tr>
<td>EMSOS – European Musculoskeletal Oncology</td>
<td>Athens, Greece</td>
<td>April 29 - May 1, 2015</td>
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<tr>
<td>Society</td>
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<tr>
<td>MSTS/ISOLS Musculoskeletal Tumor Society/International Society of Limb Salvage Combined Meeting</td>
<td>Orlando, FL</td>
<td>October 6-10, 2015</td>
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<td>CTOS – Connective Tissue Oncology Society</td>
<td>Salt Lake City, UT</td>
<td>November 4-7, 2015</td>
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July is Sarcoma Awareness Month