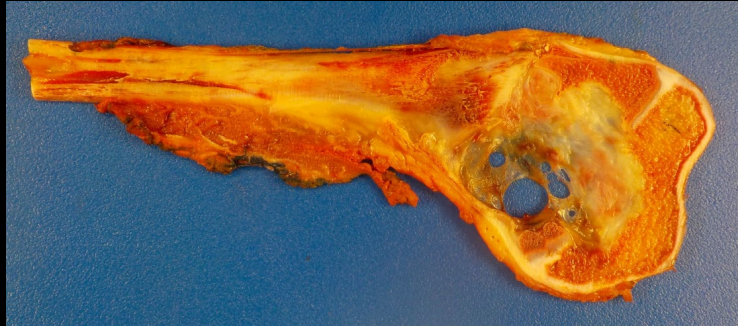


Learning to Be Worried

A Primer in Musculoskeletal Oncology



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Disclosures

I have no relevant commercial relationships to disclose.



Outline

- Epidemiology
- Bone & Soft Tissue Tumors
 - ❖ Clinical Presentation
 - ❖ Imaging findings
 - ❖ Diagnostic workup
 - ❖ Treatment
- ✓ Take Home Points



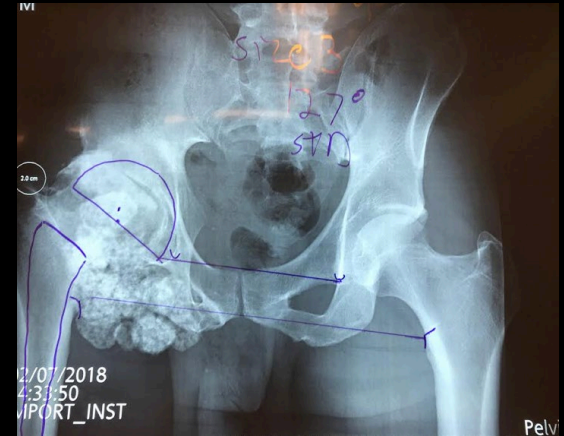
Overview of Orthopaedic Oncology Field

- 3 Main Buckets of Conditions
 1. Primary Bone Tumors (Benign/Malignant)
 2. Primary Soft Tissue Tumors (Benign/Malignant)
 3. Metastatic Disease
- Extremities, pelvis, chest wall, spine
- Academic/University/Tertiary Hospitals
 - Around 200 fellowship trained MSK Oncologists in USA (1-3 / major center)



Epidemiology

- Sarcomas account for 1-2% of all cancers
- **Soft Tissue Sarcoma**: approx. 10,000 new cases / yr in USA
- **Bone Sarcoma**: approx. 3,000 new cases / yr in USA
- Bone metastases >>>>> Sarcoma
- All MSKL Tumors: Benign >>> Malignant



Epidemiology

- Rare = Orphan Disease
 - Most orthopaedic providers may only see 1 sarcoma in their career.
- BUT...the consequences of misdiagnosis and – even more so – mistreatment can be significant!

- Iatrogenic metastases
- Amputation
- Morbid resection



Epidemiology

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 - Most orthopaedic providers may only see 1 sarcoma in their career.
- BUT...the consequences of misdiagnosis and – even more so – mistreatment can be significant!

- Iatrogenic metastases
- Amputation
- Morbid resection



=> Above
Knee
Amputation

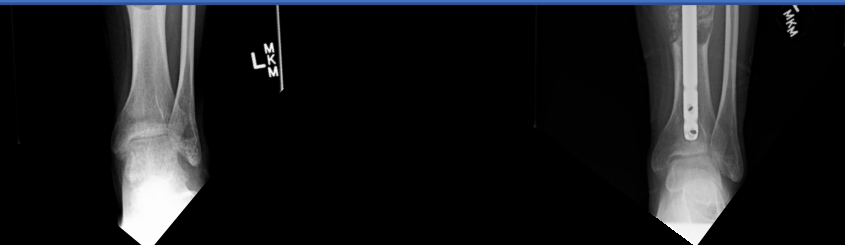


Epidemiology

- Rare = C
- Most c
- BUT...th
- significa
- Iatrog
- Ampu
- Morbid resection

**FIRST, MAKE THE
DIAGNOSIS!!!**

an be



Bone Tumors – Clinical Presentation

- Typically painful
 - Night pain
 - Pain with weight bearing
- History of injury can be misleading
- Low energy fracture mechanism



Bone Tumors – Imaging

Start with Plain Xrays of the ENTIRE BONE

Enneking 4 Questions

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?



Bone Tumors – Imaging

- Where is it? What bone AND what area of that bone (epiphysis, metaphysis, diaphysis)
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Epiphysis

Metaphysis

Diaphysis



Bone Tumors – Imaging

- Where is it?
 - What's the tumor doing to the bone?
 - What's the bone doing to the tumor?
 - Matrix to indicate what type?
- Zone of transition (“geometric”)
 - Area where normal bone “transitions” to diseased bone
 - **Narrow = Benign**
 - **Vague = Malignant**



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Narrow
Geographic



Dx: aneurysmal bone cyst



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Broad
Nongeographic



Dx: osteosarcoma



Bone Tumors – Imaging

- Where is it?
 - What's the tumor doing to the bone?
 - What's the bone doing to the tumor?
 - Matrix to indicate what type?
- Bone will try to contain the lesion as it grows
 - Sclerotic rim
 - Cortical expansion
 - Codman's triangle
 - Sunburst
 - Onion-skinning
 - Cortical erosion
 - Active/aggressive periosteal reaction is always bad (cancer, infection)



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

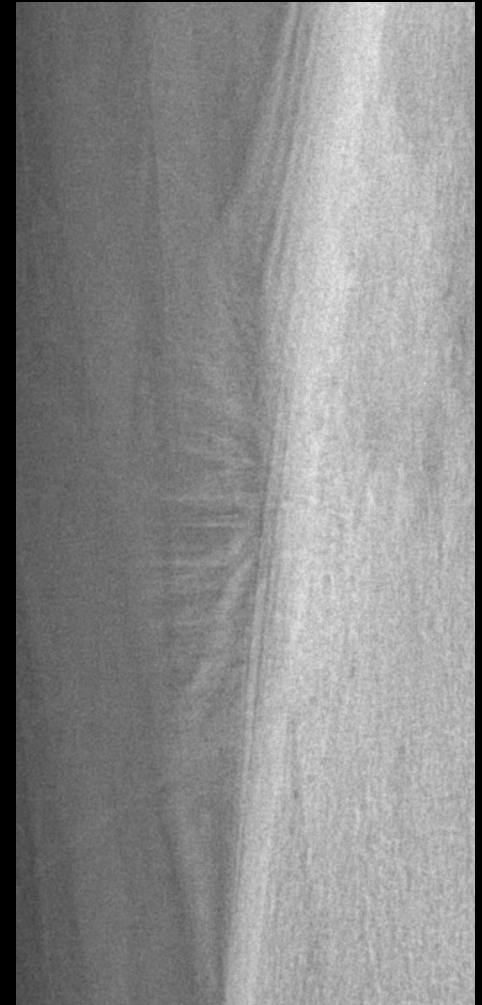


Dx: osteosarcoma

Bone Tumors – Imaging

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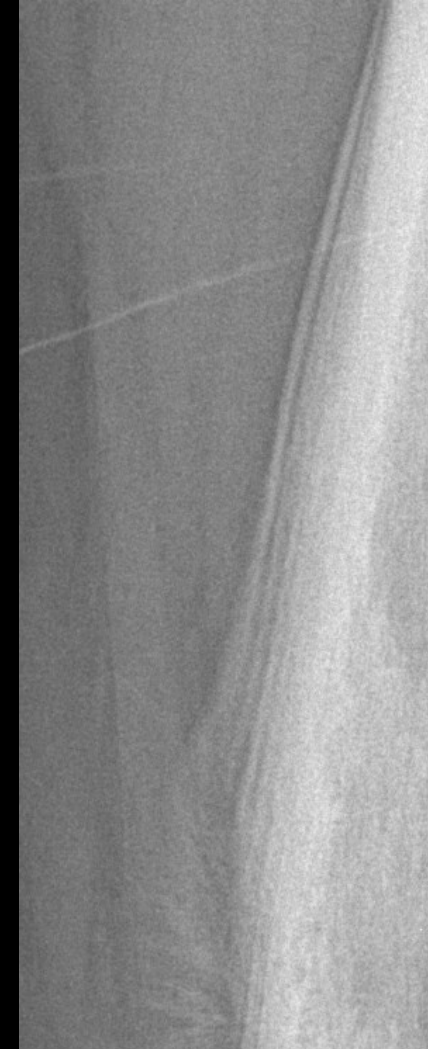
Sunburst



Bone Tumors – Imaging

- Where is it?
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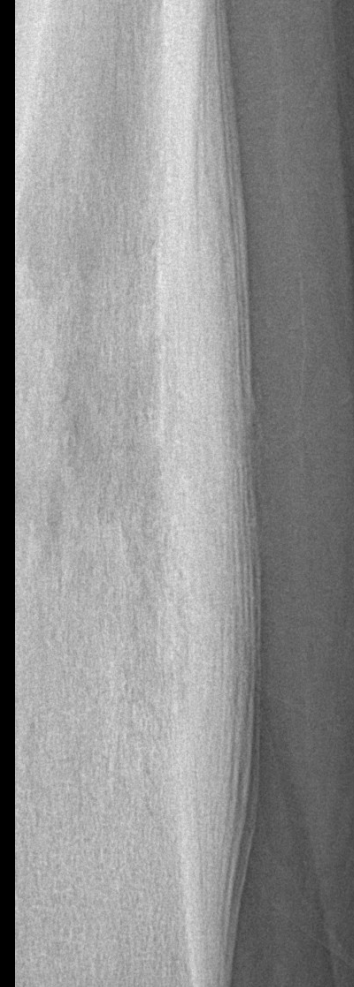
Codman's
Triangle



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Onion-skinning



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Osteoid (Bone)

Chondroid (Cartilage)

Fibrous

Lytic (metastasis?)



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Osteoid



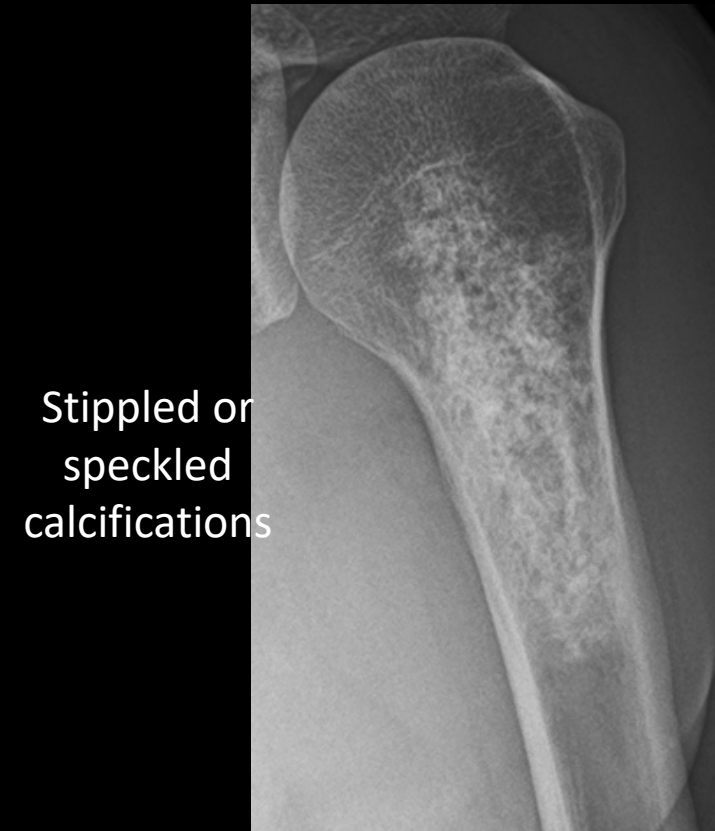
Dx: Osteosarcoma



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Chondroid



Stippled or
speckled
calcifications

Dx: benign enchondroma



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Fibrous



Ground glass



Dx: fibrous dysplasia



Bone Tumors – Imaging

- Where is it?
- What's the tumor doing to the bone?
- What's the bone doing to the tumor?
- Matrix to indicate what type?

Lytic



Dx: giant cell tumor of bone



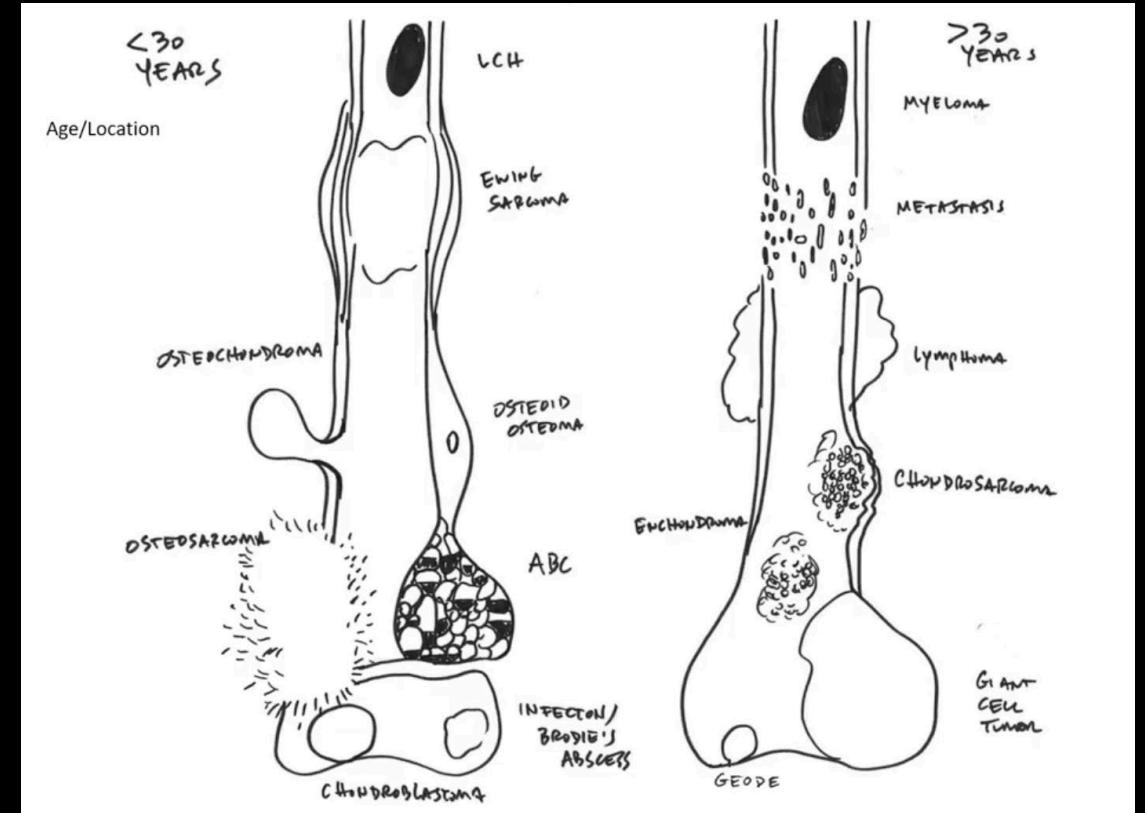
Bone Tumors – Imaging – MRI

- If xrays concerning, get **MRI WITH and WITHOUT contrast**
- Image the **WHOLE BONE**
 - i.e. Tibia MRI for proximal tibial lesion rather than a knee MRI
 - To assess for **skip lesions** or bony mets within the same bone (= distant metastasis)
- Dark T1, Bright T2, Enhancing or Heterogeneous w/contrast (think sarcoma)



Bone Tumors – Making a Diagnosis

- Age is key as well
- <30
 - Malignant: Ewing's sarcoma, Osteosarcoma OR
 - Benign: UBC, ABC, NOF, chondroblastoma, LCH
- >30
 - Malignant: Metastatic disease, Myeloma, Lymphoma, chondrosarcoma OR
 - Benign: Enchondroma, bone infarct, subchondral cysts



Bone Tumors – Making a Diagnosis

- Patient Age +
- Tumor Location (w/in the bone) +
- Aggressive vs. Benign +
- Matrix (bone, cartilage, fibrous, lytic) => Differential

- Use time to aid your diagnosis
 - If still unsure, have patient return with repeat xrays over a short interval (2-3 months) to see if lesion is changing

- The goal does not always have to be to make a firm diagnosis, but to know when you should be worried enough to look deeper or refer



Bone Tumors – Diagnostic Workup

Staging Studies

- Primary Malignancy
 - XR entire bone
 - Chest XR
 - MRI w contrast whole bone
 - CT chest wo contrast
 - WBBS
- Secondary Malignancy
 - As above +
 - Labs – CBC/CMP, SPEP/UPEP, TSH, PSA
 - CT A/P



Bone Tumors – Treatment

3 BUCKETS

- Observation = Benign, asymptomatic or self limiting
- Intralesional resection +/- stabilization = Benign, symptomatic, locally aggressive
- Wide (negative margin) resection +/- reconstruction = Malignant (sarcoma)



Bone Tumors – Treatment

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 - Nonossifying fibroma (NOF), Enchondroma
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 - Giant Cell Tumor of Bone (GCT), Aneurysmal bone cyst (ABC), Low grade chondrosarcoma, Metastatic disease
- Wide (negative margin) resection +/- reconstruction = Malignant (sarcoma)



Bone Tumors – Treatment

15F with weightbearing R ankle pain



Dx: chondroblastoma



Bone Tumors – Treatment

15F with weightbearing R ankle pain



Dx: chondroblastoma



Bone Tumors – Treatment

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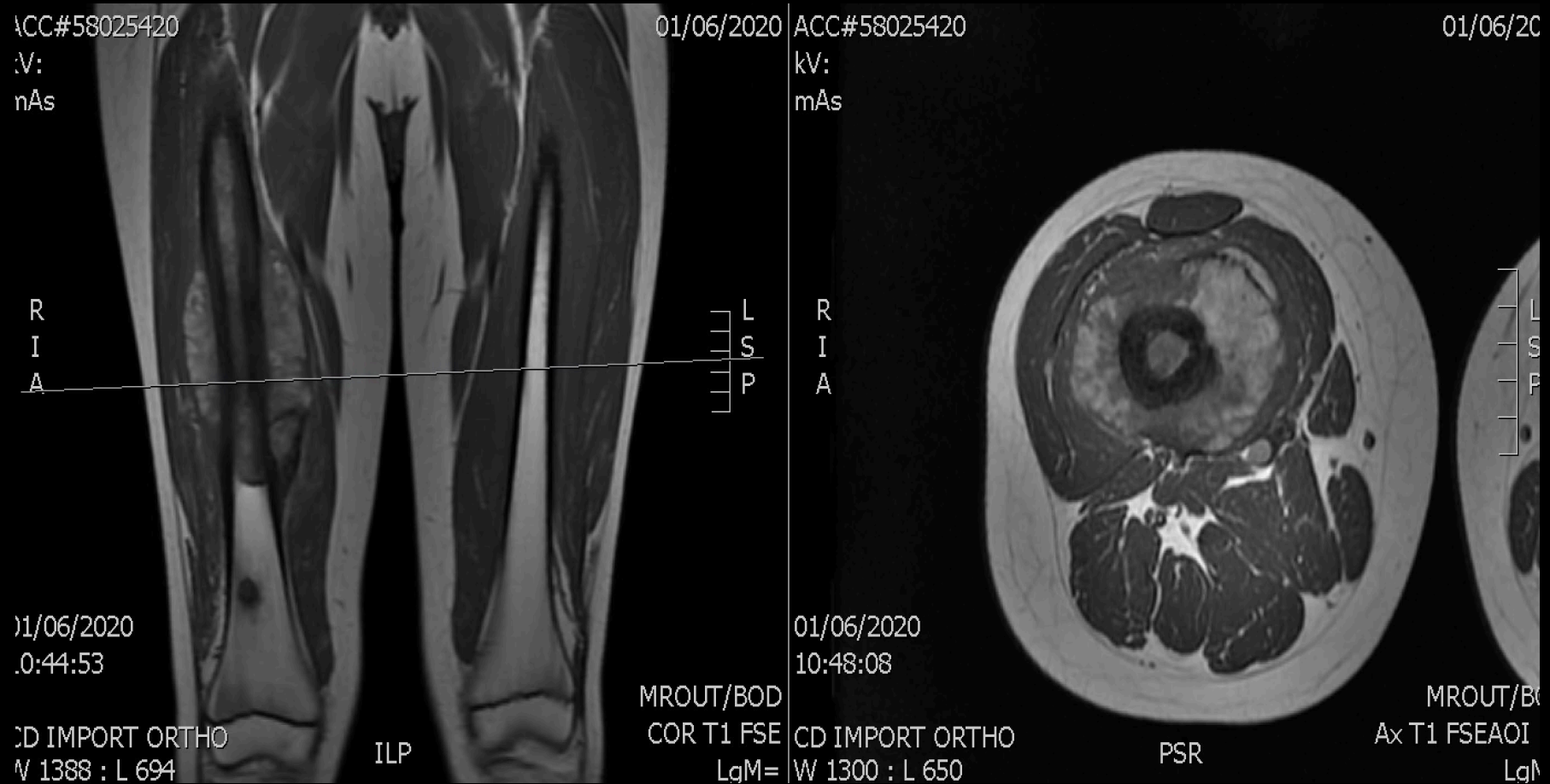


Bone Tumors – Treatment

12M football player with two months thigh swelling and pain



Bone Tumors – Treatment



Bone Tumors – Treatment

Underwent total femur resection with total femur growing prosthesis reconstruction

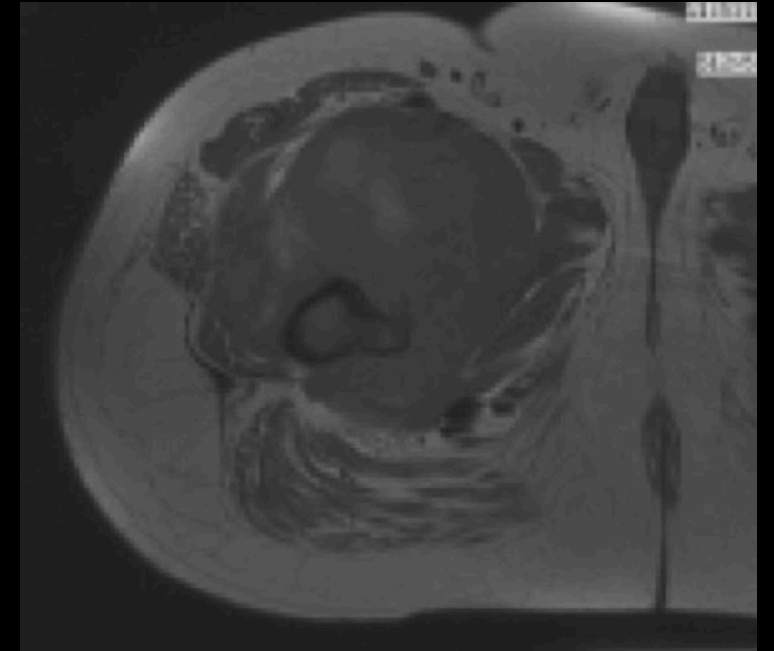


Dx: osteosarcoma



Top 4 Malignant Bone Tumors

- Osteosarcoma
- Ewing Sarcoma
- Chondrosarcoma
- Metastatic Disease



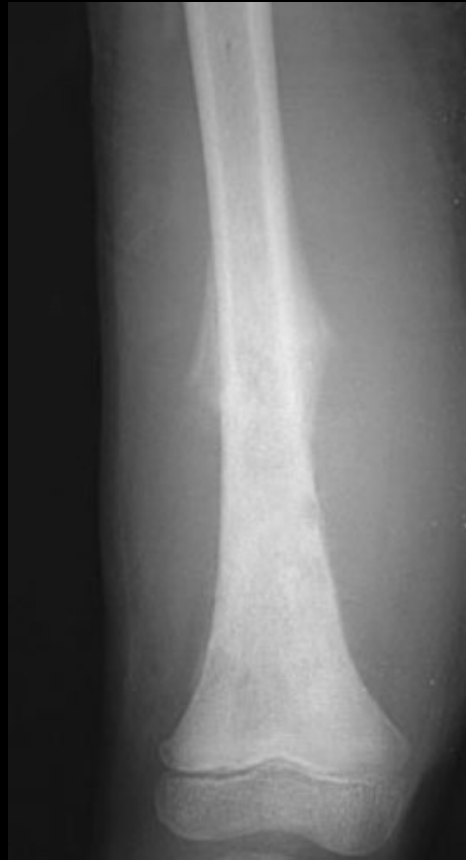
Dx: lymphoma

Osteosarcoma

- Most common primary bone sarcoma
- Bimodal: adolescent and elderly
- Metaphyseal
- 50% around the knee
- Bone forming tumor; bright/sclerotic appearance on xray
- Tx: Chemo (2 cycles) + Surgery + Chemo (4 cycles); 7-8 months treatment



Osteosarcoma



Ewing Sarcoma

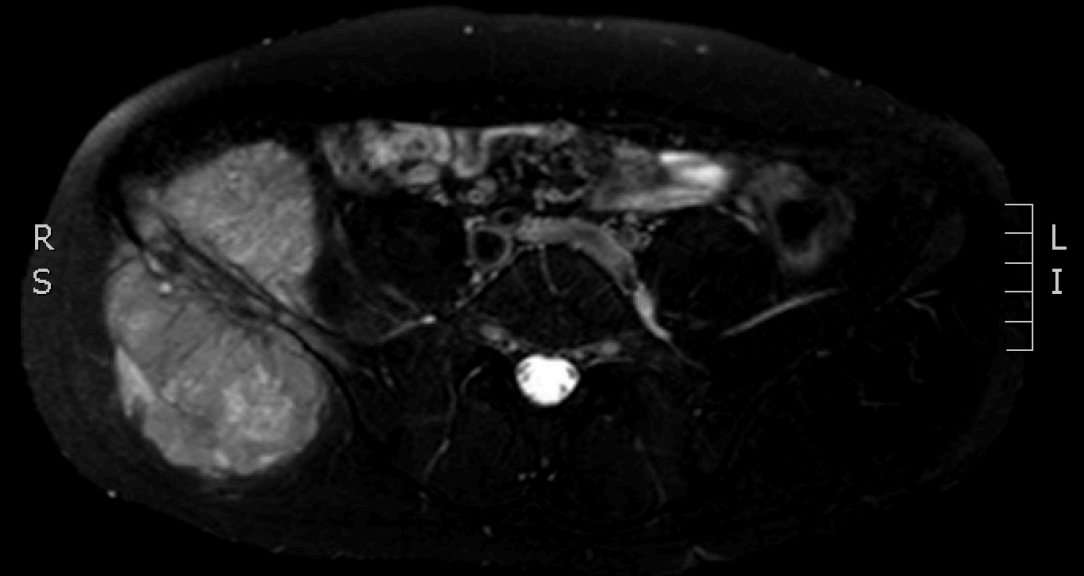
- 3rd most common primary bone sarcoma (2nd most common in children)
- Age 5-30
- Diaphyseal
- Often subtle xray findings and very large soft tissue mass
- Can present with fever, chills, weight loss, elevated ESR/CRP (can mimic an infection!)
- Tx: Chemo (6 cycles) + Surgery + Chemo (8 cycles); 7-8 months treatment



Ewing Sarcoma



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mAs

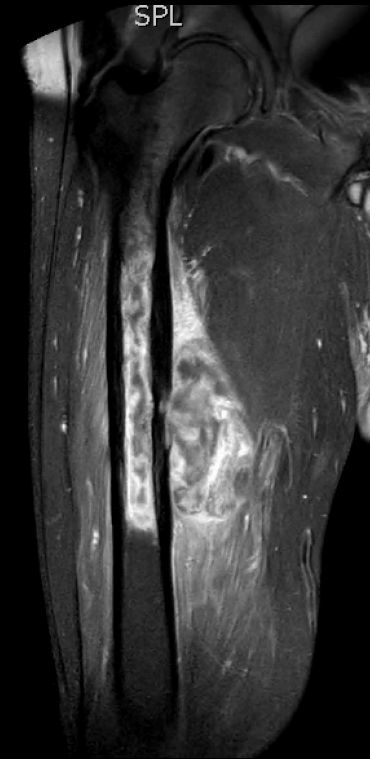


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Chondrosarcoma

- 2nd most common primary bone sarcoma (most common in adults or >40 yrs)
- Cartilage forming tumor
 - Speckled calcifications, arcs/rings
- Tx: Surgery only (exc. mesenchymal and possibly dediff)



Chondrosarcoma

Enchondroma



- Cartilage matrix
- No cortical disruption
- No expansile change
- No aggressive features
- Often NO pain

Chondrosarcoma



- Cartilage matrix
- Cortical thinning
- Expansile change
- Large
- PAIN!

Metastatic Disease

- Most common malignant bone tumor
- Lytic/moth eaten on xray
- Lytic lesion >40 years old: Metastatic disease, Myeloma, Lymphoma! (then much less common is chondrosarcoma)
- Carcinoma or adenocarcinoma, not sarcoma
- 5 Most Common Sites of Origin
 - "BLT and a Kosher Pickle" – Breast, Lung, Thyroid, Kidney, Prostate



Metastatic Disease

- Just because someone has a history of cancer does not guarantee that is where the lesion is coming from!
- Must do full staging workup (MRI lesion, CT CAP to look for primary cancer, WBBS)
 - Must get a biopsy of bone lesion to prove it is metastatic carcinoma and not a sarcoma!



Soft Tissue Tumors

- Clinical Presentation
- Imaging
- Diagnostic Workup
- Treatment



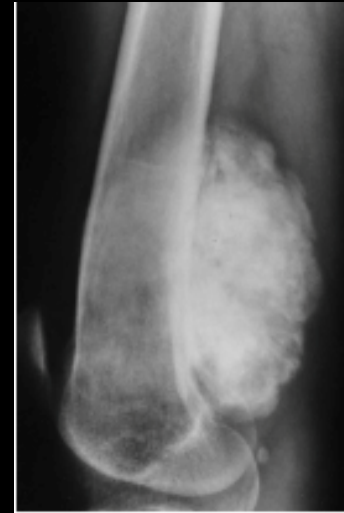
Soft Tissue Tumors – Clinical Presentation

- Swelling, lump/bump, mass
- Typically painless (esp. soft tissue sarcomas)
- Rate of growth (10 yrs vs. 2 months)
- Soft, mobile, superficial = benign VS
Firm, fixed, deep = malignant
- Warning signs (think sarcoma/malignant):
 - >5cm
 - Deep (immobile)
 - Rapidly enlarging
- Incidence: Benign >>>>> Malignant



Soft Tissue Tumors – Imaging

- XR: limited diagnostic utility, but the right place to start
- MRI: best lesional and anatomic data
 - Size
 - Surrounding anatomy, i.e. proximity to vital structures
 - Internal characteristics
- CT: least helpful due to limited soft tissue data
- US: user dependent; size, proximity to vessels, solid vs cystic



Soft Tissue Tumors – Diagnostic Workup

- Due to the wide variety of soft tissue lesions, imaging is rarely if ever sufficient to make a firm diagnosis
 - Few exceptions:
 - Lipomas – isointense with fat on all sequences
 - Ganglion cysts – peripherally enhancing with direct continuity to joint
 - Myositis ossificans – progressive, smooth peripheral calcification pattern
 - Schwannoma – entering and exiting nerve
- Tissue is often required to make a definitive diagnosis
- Biopsy should ideally be obtained by the surgeon and facility that will definitively treat the lesion



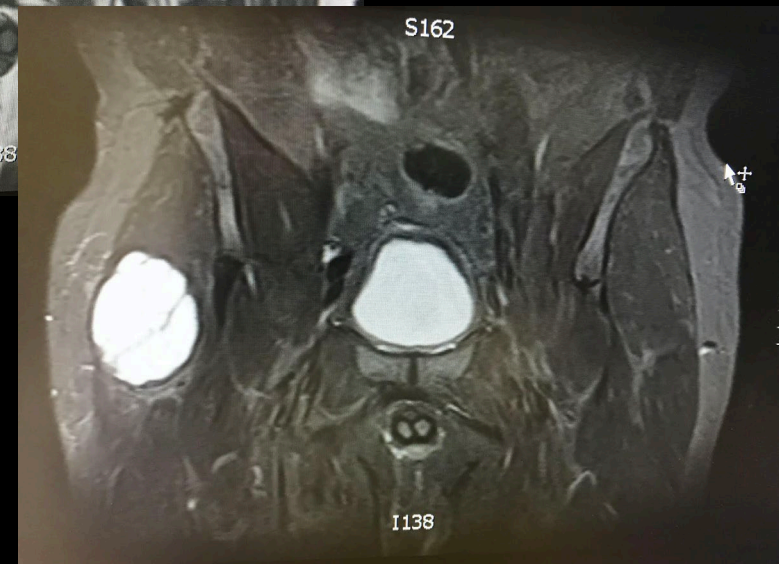
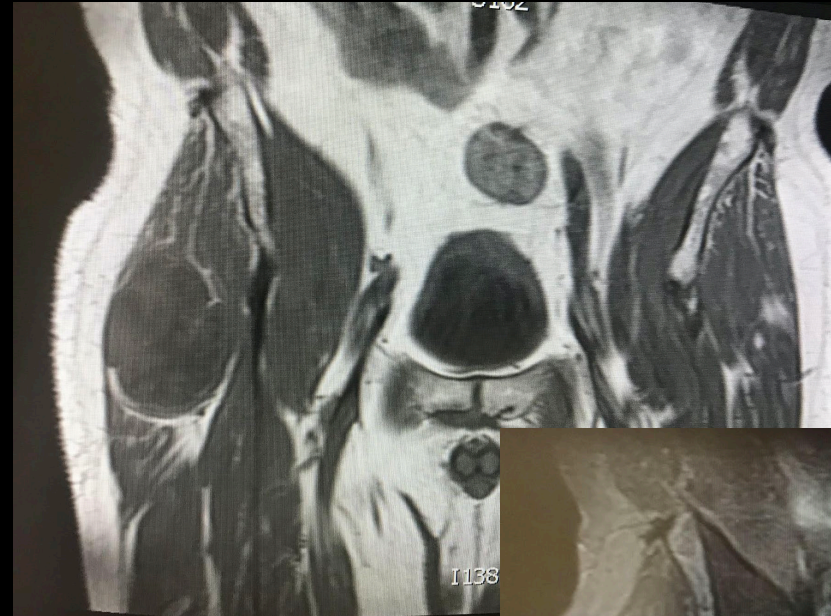
Soft Tissue Tumors – Diagnostic Workup

- Not everything is a lipoma or hematoma, so don't just cut out any mass!
- Incomplete Excision “Whoops” Procedures – inadvertently excising sarcoma
 - FAR TOO COMMON!
 - Often require large resections to fix.



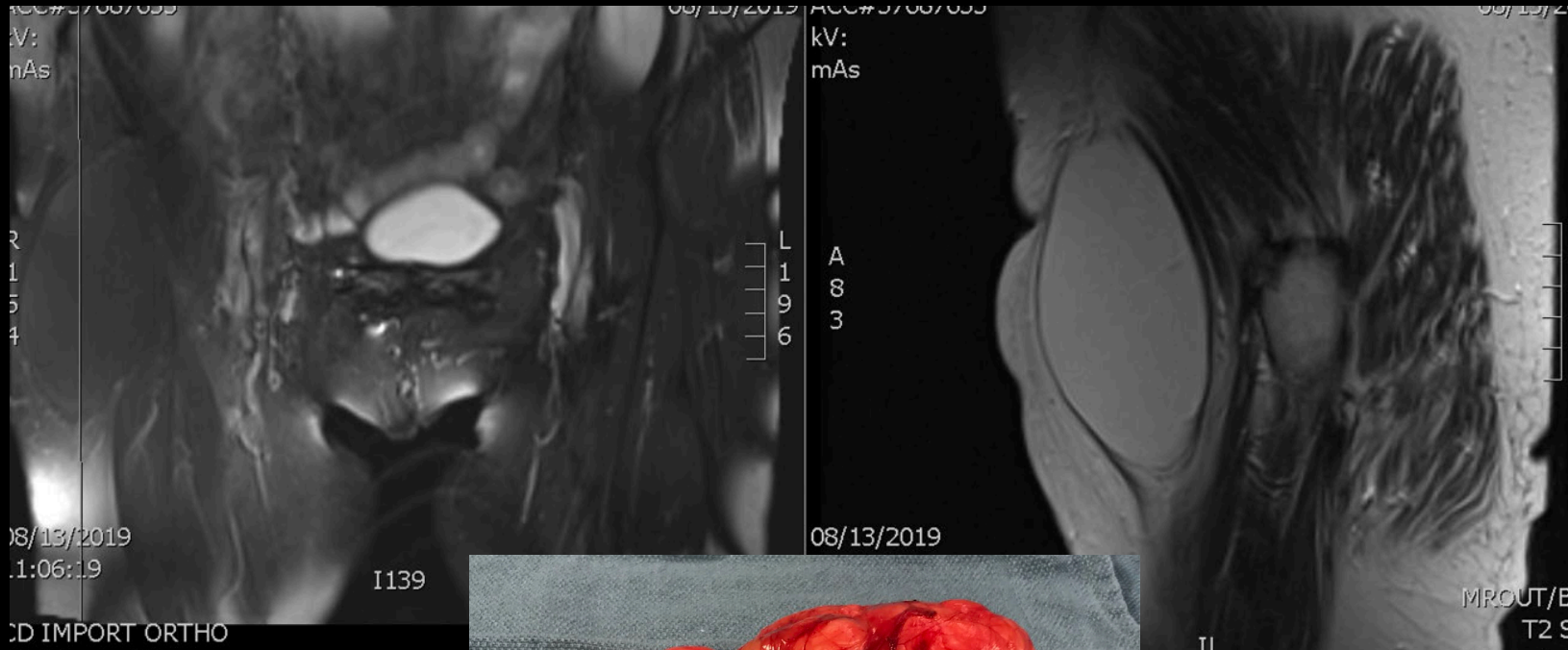
Top 5 Soft Tissue Tumors

- Lipoma
- Ganglion cyst
- Myositis ossificans
- Schwannoma
- Soft Tissue Sarcoma



Top 5 Soft Tissue Tumors

45F with right
hip mass
slowly
growing over
5 years



Dx: benign lipoma

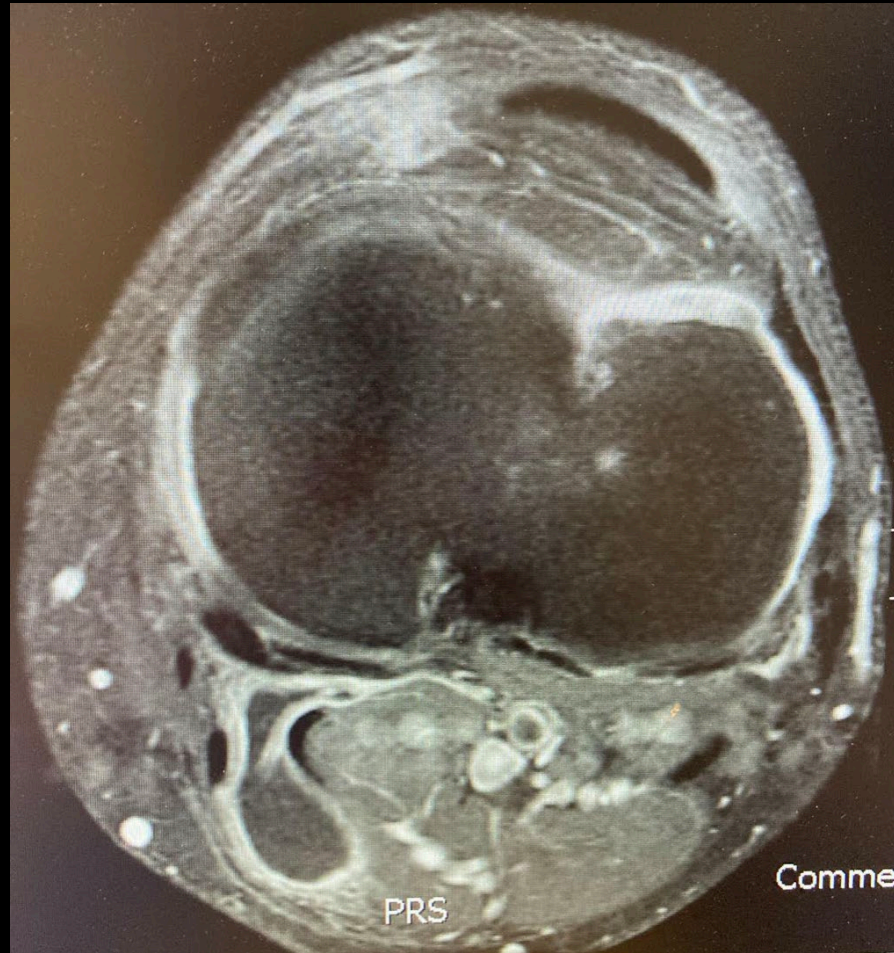


Top 5 Soft Tissue Tumors

35M with chronic
medial knee pain and
lump in back of knee



Top 5 Soft Tissue Tumors



Dx: Baker (ganglion) cyst



Top 5 Soft Tissue Tumors

16M with 1 month of
thigh pain after getting
hit playing football



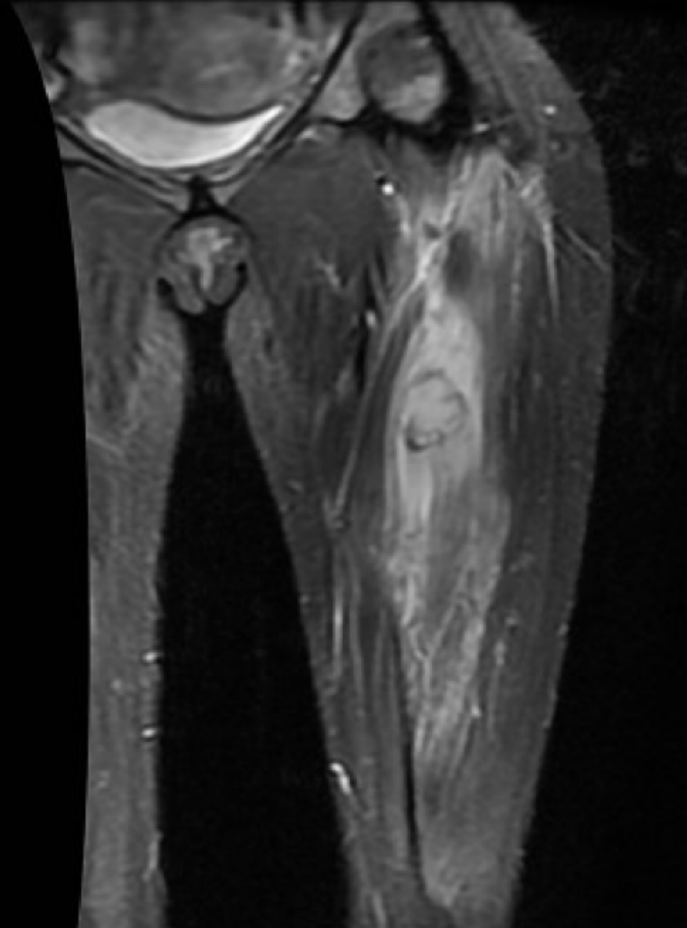
Top 5 Soft Tissue Tumors

Look closer...



Top 5 Soft Tissue Tumors

Look closer...



Top 5 Soft Tissue Tumors

6 months goes by...
lesion maturation



Dx: myositis ossificans



Top 5 Soft Tissue Tumors

32F with posterior knee swelling, stiffness and shooting pains/numbness into foot



Top 5 Soft Tissue Tumors

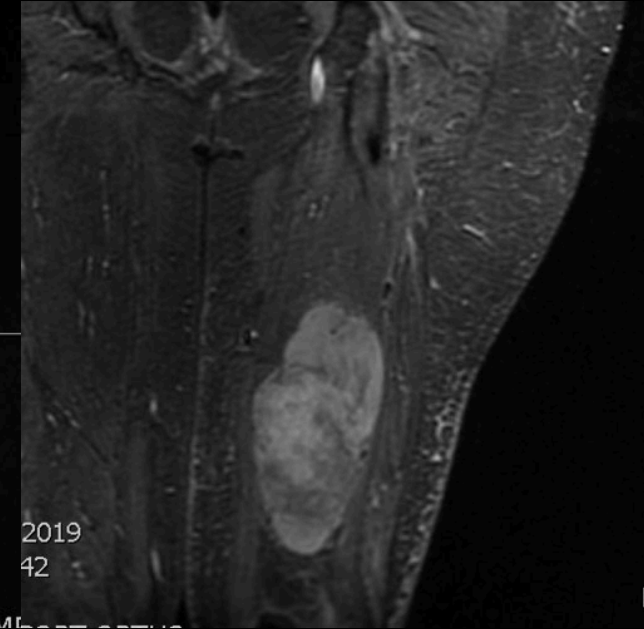
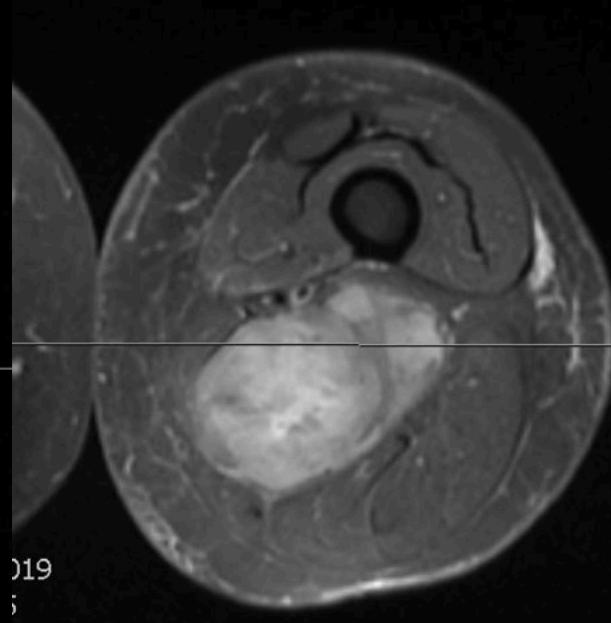
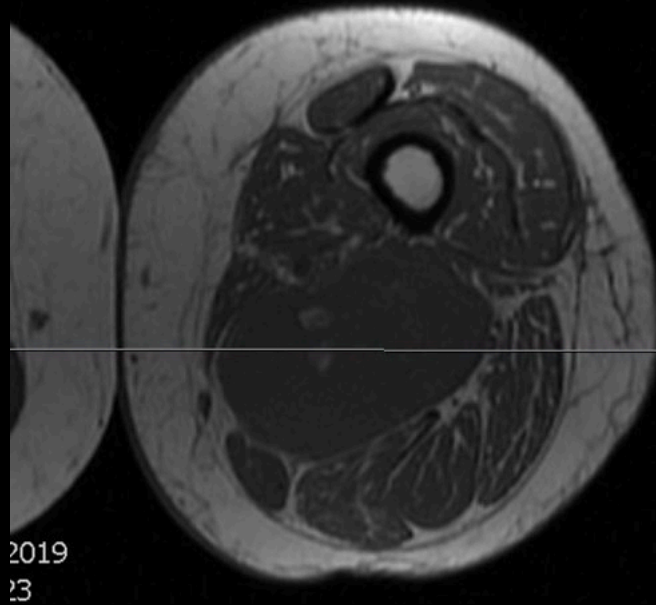


Dx: schwannoma



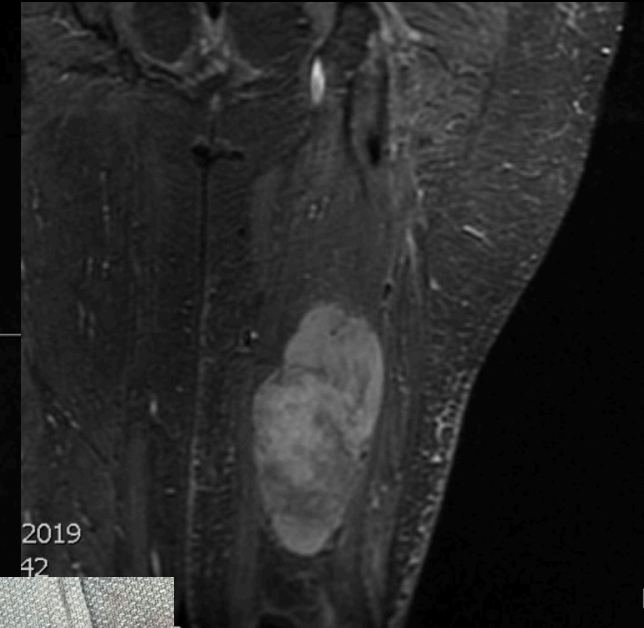
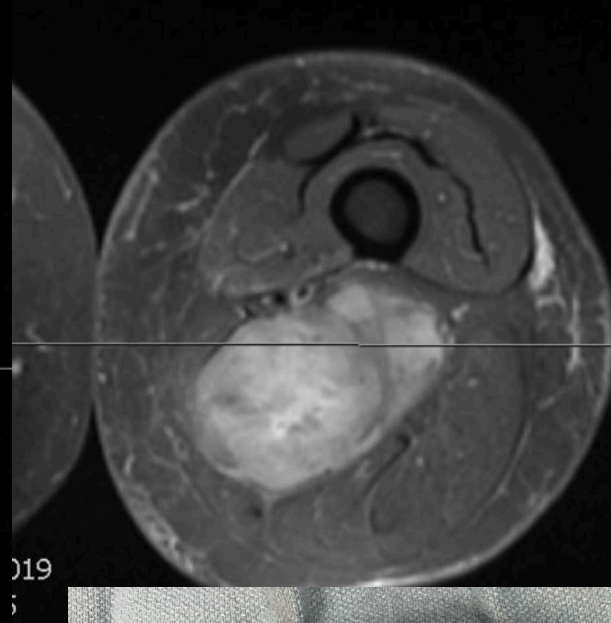
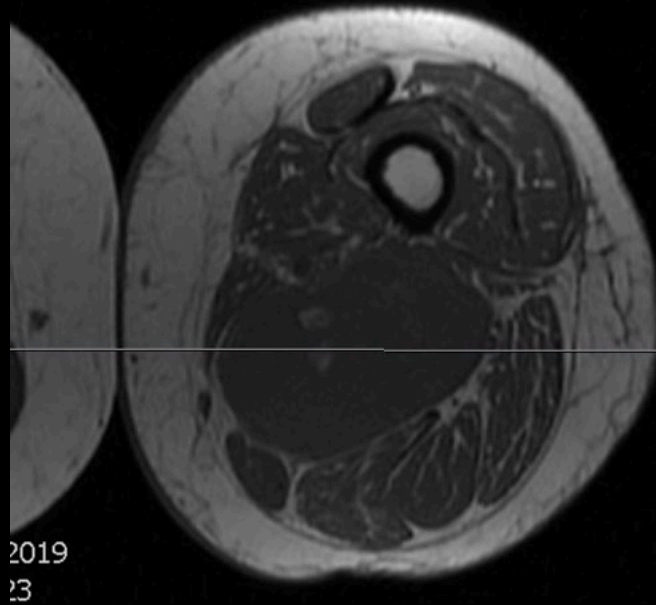
Top 5 Soft Tissue Tumors

72F thigh swelling;
painless; getting
bigger over few
months



Top 5 Soft Tissue Tumors

72F thigh swelling;
painless; getting
bigger over few
months



Dx: soft tissue sarcoma



Soft Tissue Tumors – Diagnostic Workup

Staging Studies

- Xray of involved body segment
- Chest xray
- MRI area of interest (wide enough for entire mass)
- CT chest wo contrast
- On occasion: PET/CT or whole body MRI



Soft Tissue Tumors – Treatment

3 BUCKETS

- **Observation** = Benign, asymptomatic or self limiting
- Marginal resection = Benign, symptomatic (lipoma, schwannoma)
- Wide (negative margin) resection +/- reconstruction = Malignant (sarcoma)



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Adjuvant Therapy

- **Local adjuvants** are often used for intralesional bone resections – High speed burr, peroxide, argon laser
- Pre and post operative **chemotherapy** is standard of care for primary bone sarcomas except for chondrosarcoma, chordoma, low grade osteosarcoma
- **Radiation**
 - Metastatic disease
 - Soft Tissue Sarcoma
 - Unresectable bone sarcomas, especially Ewing's



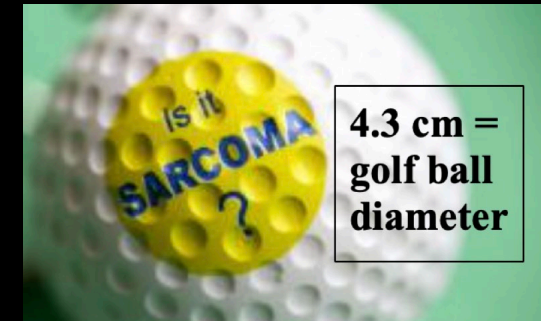
Take Home Points

Bone Tumors

- Bone malignancy, typically painful
- Sarcomas = Children/adolescents
- Metastatic disease/lymphoma/myeloma = Adults
- Xray entire bone, and be critical of images
- If pain is not explained by xrays OR
xrays are concerning => obtain MRI wwo contrast

Soft Tissue Tumors

- Soft tissue malignancy, typically painless
- Adults
- Start with xrays
- Soft tissue tumor that is...
 - Deep
 - Growing
 - Larger than golf ball
 - ✓ Think sarcoma



- Make a diagnosis before initiating treatment!
- Refer to Ortho Oncology Center. Let them do the biopsy.
- Never hesitate to call or email your regional orthopaedic oncologist.



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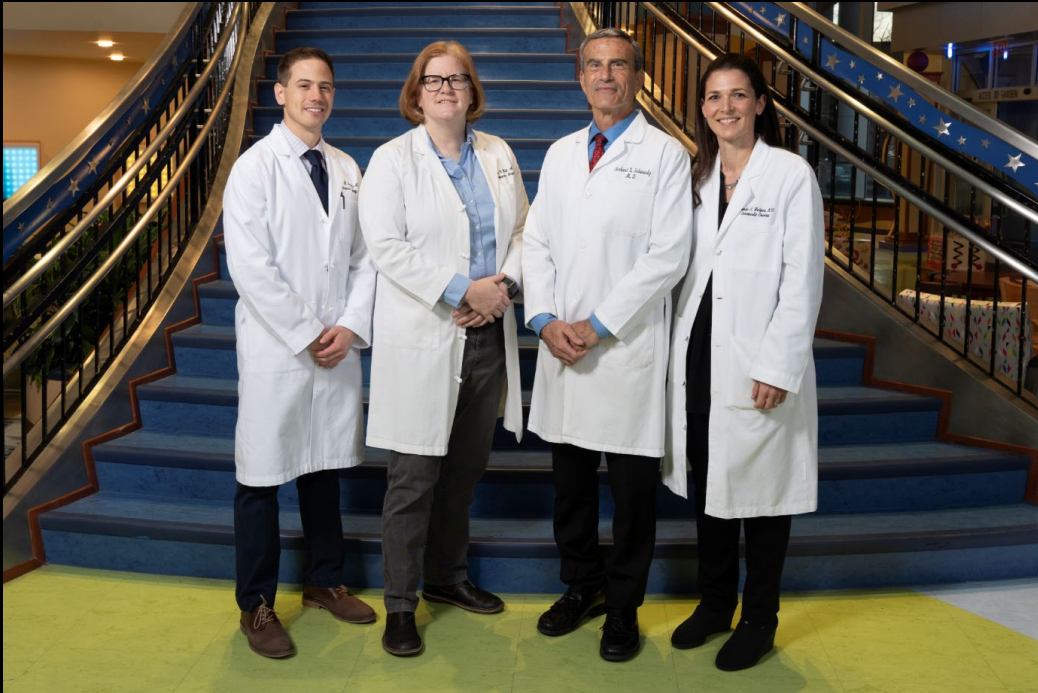


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Questions? Email me.
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Thank you

