



Indiana  
Department  
of  
Health

# Chronicle of Indiana Cancer Control

July 31, 2023

## Spotlight

### Sarcoma and Bone Cancer Awareness Month

- Several different kinds of tumors can grow in bones: primary bone tumors, which form from bone tissue and can be malignant (cancerous) or benign (not cancerous), and metastatic tumors (tumors that develop from cancer cells that formed elsewhere in the body and then spread to the bone). Malignant primary bone tumors (primary bone cancers) are less common than benign primary bone tumors.

[Primary bone cancers](#) are included in the broader category of cancers called sarcomas.



### Risk Factors

- Older age and benign bone tumors are more common risk factors for bone cancer. Some more rare types of risk factors are people who have had abundant amounts of radiation therapy in the past (often decades after radiation therapy) and Paget's disease of bone.

### Bone Health

- The skeleton is made of bones that [help to protect soft organs](#) like the brain, heart, and lungs from injuries. Bones are also responsible for working with muscles to hold up the human body when we walk or run and house bone marrow which makes blood cells.
- The risk of breaking another bone is highest in the year or two after breaking the first. To [reduce the possibility of breaking a bone](#), focus on vitamin D and calcium intake daily. Weight bearing exercises like walking or tennis are also helpful for bones. Participating in resistance training with activities such as free weights and weight machines helps increase strength and forces muscles to work harder.

## Upcoming Event

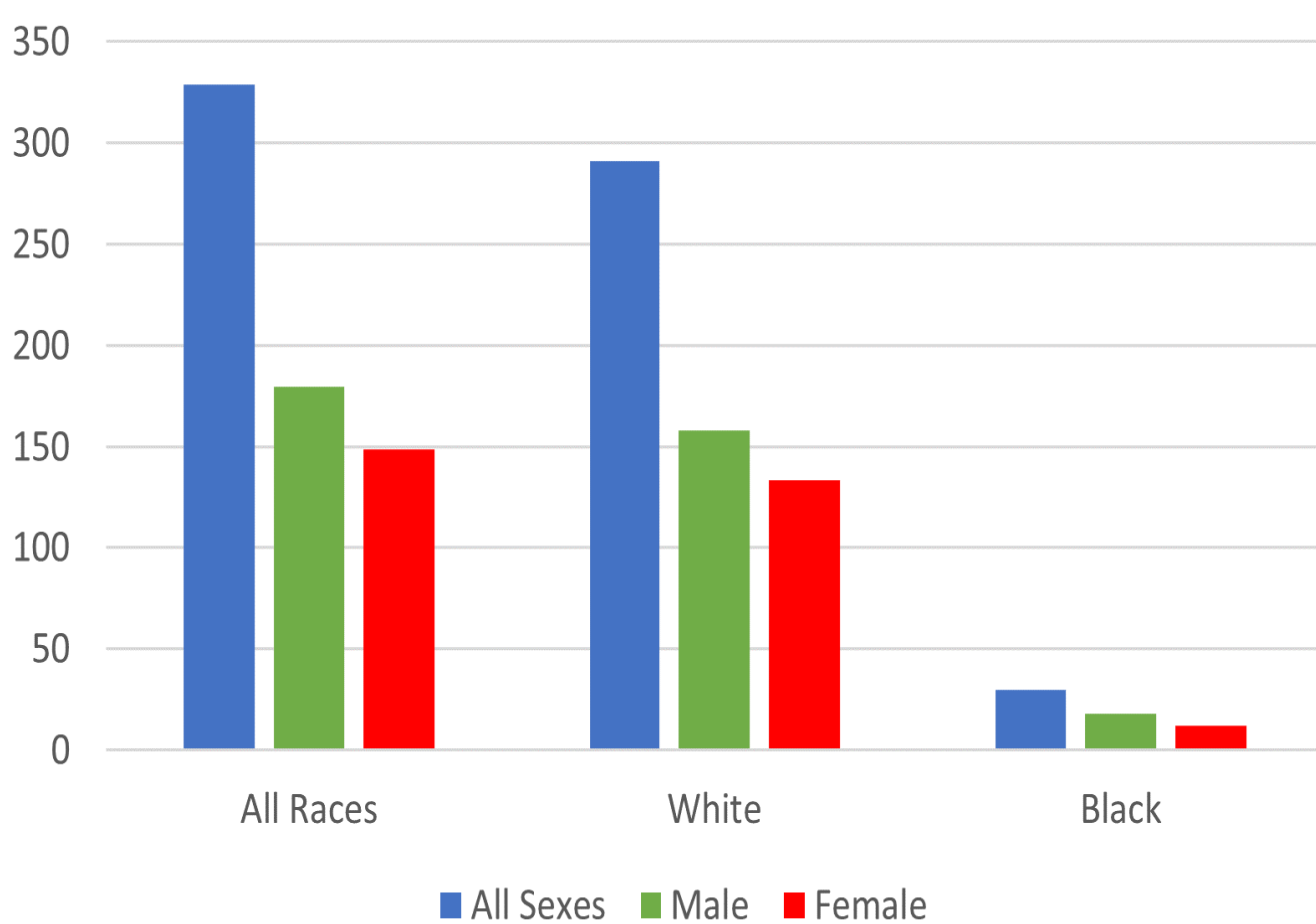
### Indiana Fever vs Atlanta Dream

- On behalf of the Indiana Cancer Consortium, the Indiana Fever are happy to invite you to Breast Health Awareness Night at 4 p.m. Aug. 27 versus the Atlanta Dream. Invite your friends and family as a portion of each ticket purchase will go back to the Indiana Cancer Consortium.
- By purchasing family night tickets through this offer, you will also receive a Fever branded hat, food voucher, see your group's name on the LED ribbon at halftime, and have an opportunity to meet two players after the game!
- To order tickets, visit: [Indiana Cancer Consortium 8.27.23 - Formstack](#). Doors open at 3 p.m. **Go Fever!**



## Facts and Figures

### 2015-2019 Bone and Joint Cancer Incidence Counts



Data Source: Indiana State Cancer Registry

To **promote**, **protect**, and **improve** the health and safety of all Hoosiers

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