

Overview

[Click here for a video guide on how to use this toolkit.](#)

2025 THEME: *Signs and Symptoms*

CORE MESSAGE: “*Know. Act. Advocate.*” — Bridging global sarcoma experiences while raising awareness about signs, symptoms, and the power of self-advocacy.

CAMPAIGN OBJECTIVES:

- Raise global awareness of sarcoma signs and symptoms.
- Empower patients and their loved ones to recognize bodily changes and advocate for timely diagnosis.
- Raise awareness/share knowledge about sarcoma symptoms with frontline healthcare providers who are often the first to encounter sarcoma symptoms
- Highlight global commonalities in sarcoma diagnosis, as well as disparities where they exist, using data from the Global Sarcoma Diagnosis Pathway survey
- Foster a sense of community and support for patients, caregivers, advocates and experts that transcends national boundaries.

HASHTAGS

#SarcomaAwarenessMonth #SarcomaAwarenessMonth2025 #SAM2025
#Sarcoma #SarcomaPatients #RareCancers #KnowYourNormal
#RareButNotAlone #SPAGN

JUMP TO SCHEDULED POST

<u>WEEK 1 Know Your Normal</u>	<u>WEEK 2 Be Your Own Advocate</u>
<p>July 1 - Kickoff Video & Infographic</p> <p>July 2 - Blog & Preview Wear Yellow Wed.</p> <p>July 3 - Engagement</p> <p>July 4 - <i>Open</i></p> <p>July 5 - Tips & Tricks</p> <p>July 6 - <i>Open</i></p>	<p>July 7 - Video</p> <p>July 8 - Infographic</p> <p>July 9 - Blog post & Wear Yellow Wed.</p> <p>July 10 - Engagement</p> <p>July 11 - <i>Open</i></p> <p>July 12 - Tips & Tricks & PEComa AD</p> <p>July 13 - GIST Awareness Day</p>
<u>WEEK 3 Breaking Barriers</u>	<u>WEEK 4 Rare, But Not Alone</u>
<p>July 14 - Video</p> <p>July 15 - Infographic & LMS Awareness</p> <p>July 16 - Blog post</p> <p>July 17 - Engagement</p> <p>July 18 - Preview "Light Up for Sarcoma"</p> <p>July 19 - Tips & Tricks</p> <p>July 20 - <i>Open</i></p>	<p>July 21 - Video</p> <p>July 22 - Infographic</p> <p>July 23 - Blog post</p> <p>July 24 - Engagement</p> <p>July 25 - "Light Up for Sarcoma"</p> <p>July 26 - Tips & Tricks</p> <p>July 27 - <i>Open</i></p> <p>July 28 - Video</p> <p>July 29 - Infographic</p> <p>July 30 - <i>Open</i></p> <p>July 31 - Wrap-up</p>

JUMP TO SOCIAL MEDIA POST TEMPLATES

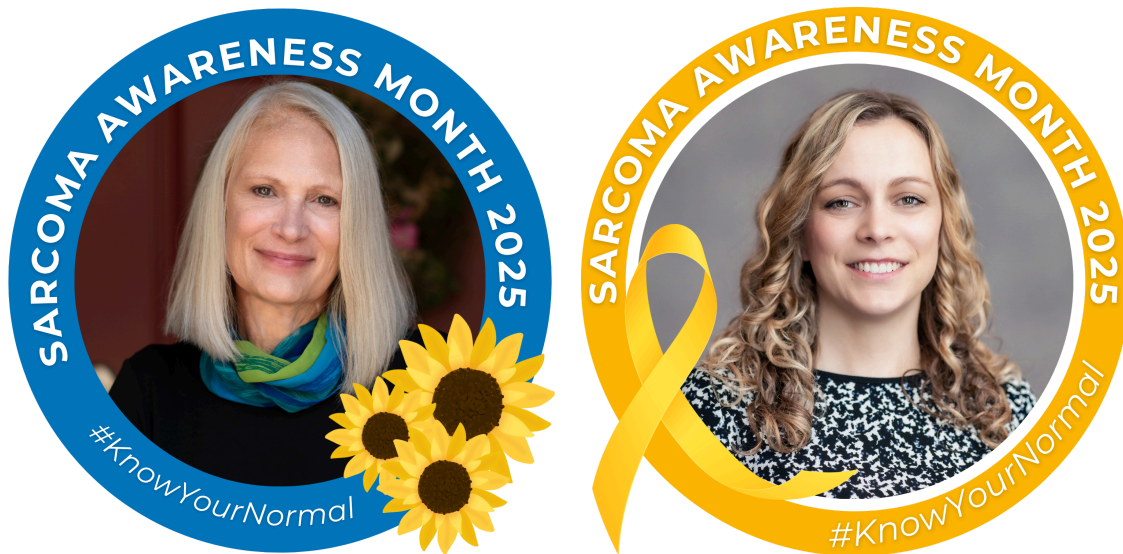
- [Ready-to-use SAM 2025 Graphics in English](#)
- [SAM 2025 Graphics in Canva](#)
- [Profile Pic Frames in Canva](#)
- [Profile Pic Frames for Download \(for people who don't have Canva\)](#)

Made a graphic that you love?

Send it to info@sarcoma-patients.org or reach out to any of us directly and we would love to share it!

Social Media Profile Frames

[Access either of these designs here in Canva](#) and make a copy of the file to customize.



Drag and drop your photo into the pre-made frame, then download with Transparent Background, and upload to your social media profiles as a temporary profile pic.

Canva Tutorial

CANVA TUTORIAL

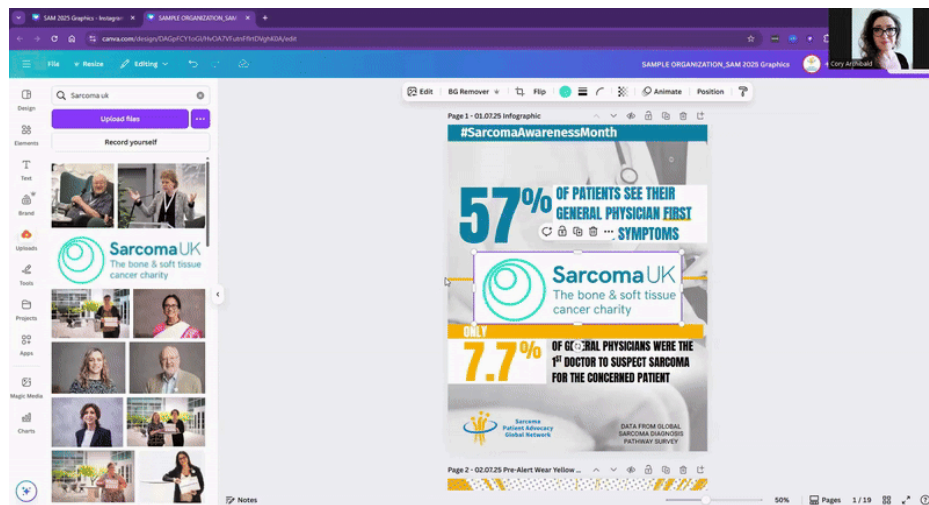
The posts in this document are offered as templates that you can copy via Canva and customize for your own organization's use.

To customize any of the graphics linked, you'll need a Canva account. If your organization is a registered nonprofit, you can apply for a free Pro Account. Otherwise, you can create a free account with more limited features.

Below are some tips for people new to Canva on how to customize designs.

NOTE: If you're already a Canva expert, [click here](#) to skip ahead).

Do you prefer a video guide?



[CLICK HERE for a video walkthrough!](#)

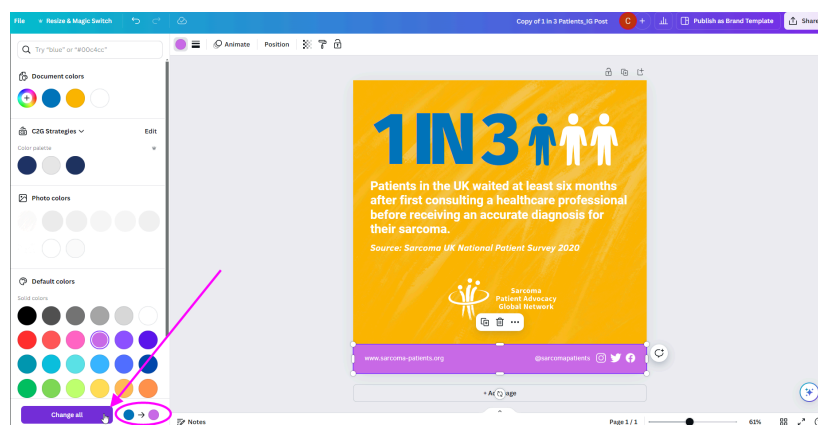
If you prefer a written guide, please follow the tips below.

ALL GRAPHICS ARE SHARED AS VIEW ONLY. You do not need edit access to the Canva designs. Simply open the link to the image and click File >> Make a Copy, as shown here.



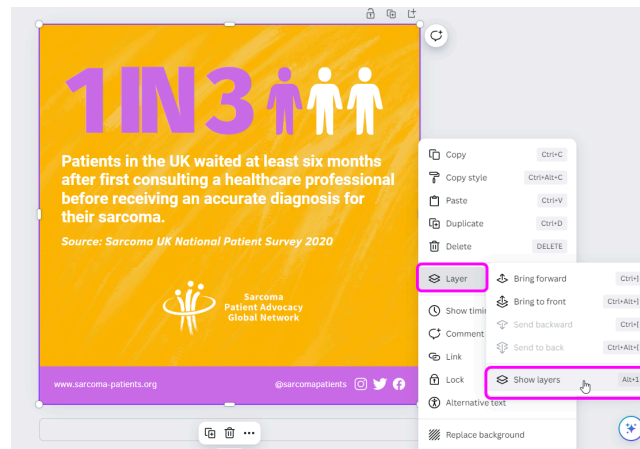
Once the copy of the design opens in your own account, it is yours to customize as you please! Click any element in the graphic and start changing the colors. You can pick colors by hand, or select your exact colors for your organization's branding based on your brand guidelines.

One neat trick: Canva offers the ability to change multiple elements of the same color to the new color all in one single step.

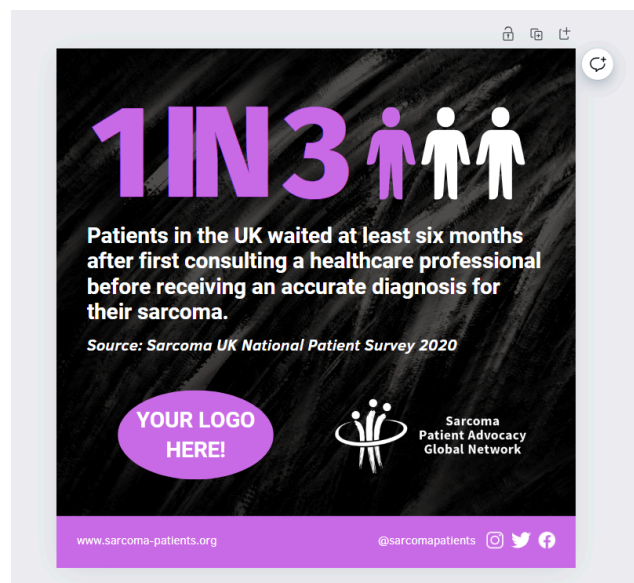


To change colors on some elements, you may need to move pieces out of the way, or you can right click on any part of the design, click on Layer >>

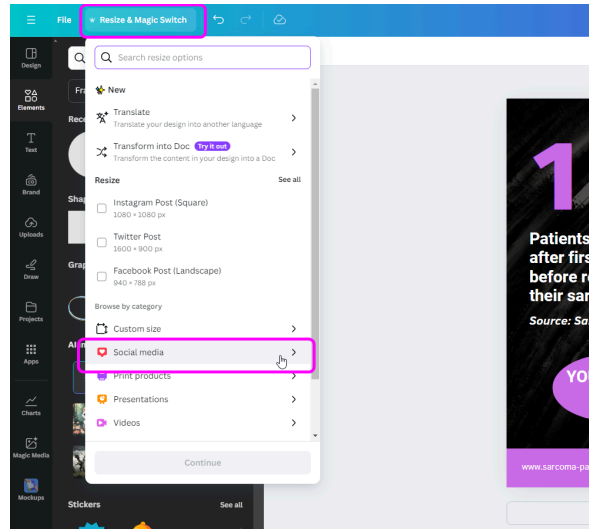
Show Layers. A menu will appear to the left where you can find the exact piece you want to change.



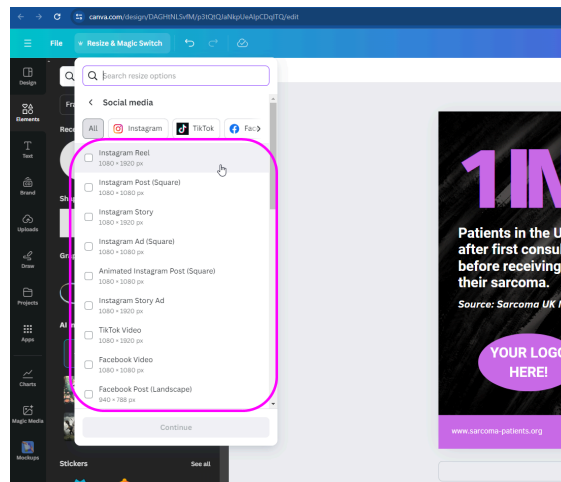
Once you've changed all the pieces of the design to the colors you like, you can move elements around and add your own logo!



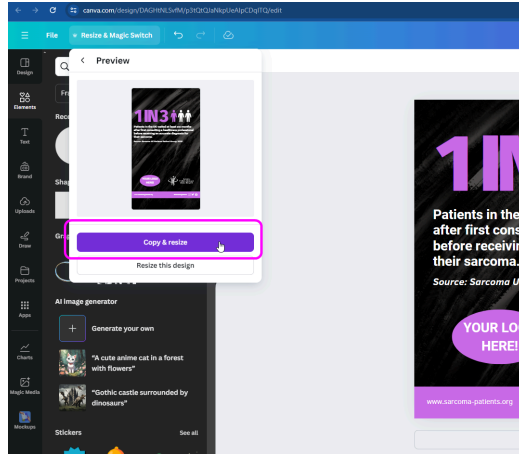
To resize or reformat your design for another format (example: An Instagram Reel or Story), click "Resize & Magic Switch", then find the format you want to change it to (most likely under the Social Media menu).



Pick the size / format that looks right for what you need.

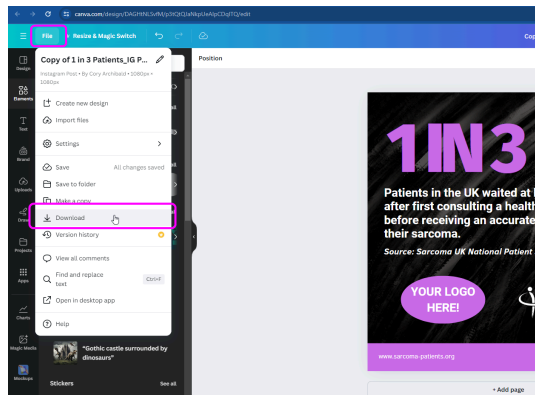


When the menu pops up, click “Copy and Resize.” This will generate a new copy of your design so that you have BOTH the original version and the new one available to post.



From there you can resize, rearrange, or edit any content to fit the new layout as you need to.

Finally, when you're ready to download your design and post, click File >> Download, to save the file to your desktop so you can post!



Week 1 Content

Week 1 – Know Your Normal (1–6 July)

Tue 1 Jul – Kick-off Video

Video pending

Other videos to share:

[Sarah Hunt](#)

[Dr. Mitch Achee](#)

[Carol Haslam](#)

[Lakshay Nagpal](#)

Tue 1 Jul – Infographic

Long-form

The first place you go when you know something is “not normal” is usually your family doctor. But few general practitioners are prepared to recognize the signs of rare diseases like sarcomas up front. From our Global Sarcoma Diagnosis Pathway Survey, SPAGN learned that 57% of patients went to see their general practitioner FIRST when symptoms initially appeared. But in only 7.7% of cases did the family doctor suspect a sarcoma and refer to an appropriate specialist.

You know your body best. You know what is normal. Even if your doctor doesn't suspect a more serious illness, listen to your own body and insist on clear answers.

#SarcomaAwarenessMonth2025 #KnowYourNormal

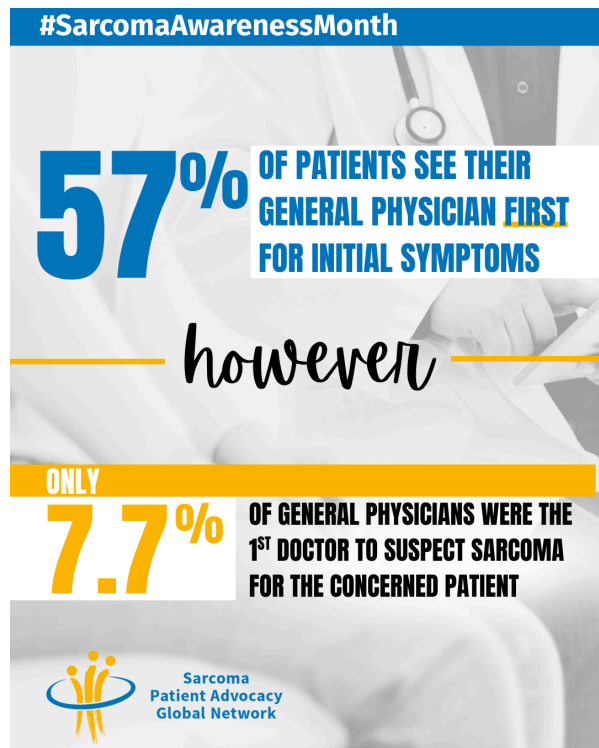
#SarcomaSignsAndSymptoms

Short-form

The first place you go when something isn't "normal" is usually your family doctor. But few GPs can recognize the signs of sarcomas.

#KnowYourNormal: Even if your doctor doesn't suspect a serious illness, listen to your body & insist on clear answers.

#SarcomaAwarenessMonth2025



[Open graphic in Canva and make a copy to customize](#)
[Download ready-made graphic in English](#)

Wed 2 Jul – Blog

Pending blog post draft

Wed 2 Jul – PRE-ALERT – Wear Yellow Wednesday (9 Jul)

Long & Short-form

Next Wednesday we'll flood feeds with yellow to show sarcoma fighters they're seen. Snap something yellow 🟡, tag us, and let's paint timelines

bright!

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#KnowYourNormal #PatientAdvocate #Sarcoma



[Open graphic in Canva and make a copy to customize](#)
[Download ready-made graphic in English](#)

Thu 3 Jul – Engagement

Long-form

Share the moment you first thought, “This isn’t normal.”

Maybe you felt a painless lump, noticed night-time bone pain, or sensed something was simply *off*. Tell us what made you trust your instincts and seek answers. Your story could be the nudge that saves someone else months of uncertainty.

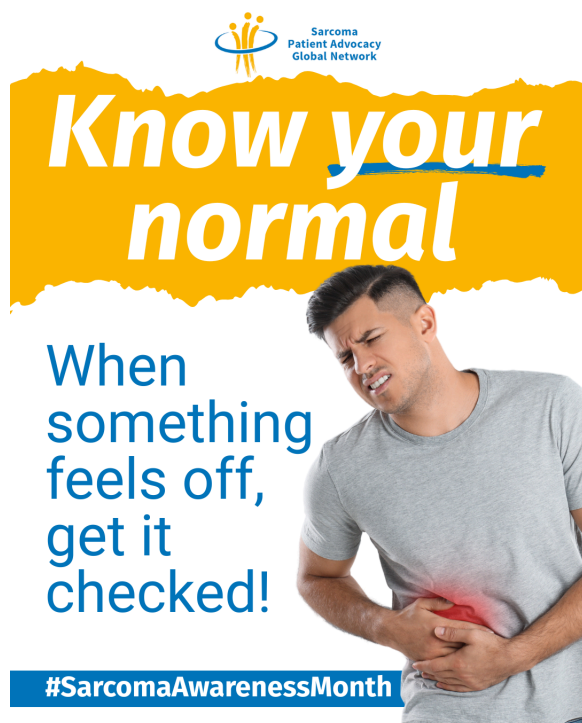
#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#KnowYourNormal #PatientAdvocate #Sarcoma

Short-form

Share the moment you first thought, “This isn’t normal.”

Was it a painless lump? Night-time bone pain? Something simply *off*?
What made you trust your instincts & seek answers. Your story could save someone else months of uncertainty.

#SarcomaAwarenessMonth2025 #KnowYourNormal



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Sat 5 Jul – Tips & Tricks

Long-form

Doctor-day questions—screenshot these:

- ① Could this be something serious?
- ② Which tests can tell me what this is?
- ③ How can I tell if the symptoms are getting worse?
- ④ Should I be referred to a specialist?

Having questions ready keeps you in the driver's seat.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#KnowYourNormal #PatientAdvocate #Sarcoma

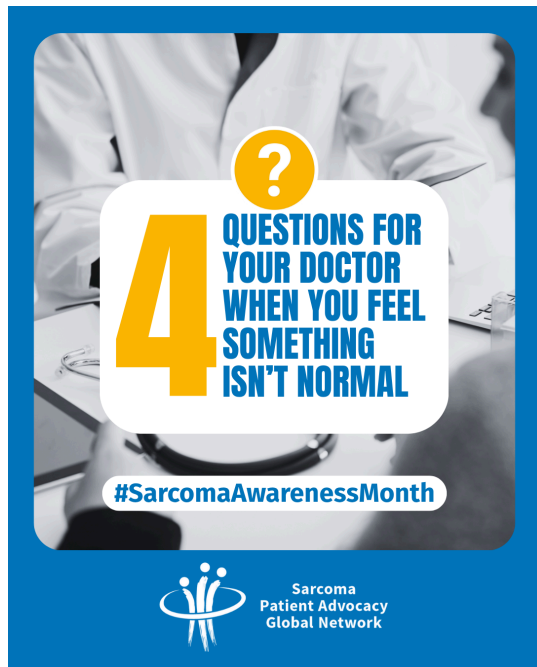
Short-form

Doctor-day questions—screenshot these:

- ① Could this be something serious?
- ② Which tests should I get?
- ③ What if the symptoms are getting worse?
- ④ Should I see a specialist?

Having questions ready keeps you in the driver's seat.

#SarcomaAwarenessMonth2025 #KnowYourNormal



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[Download ready-made graphic in English](#)

Week 2 Content

Week 2 – Be Your Own Advocate (7–13 July)

Mon 7 Jul – Video

Videos to share:

[Kelli Appezzato](#)

[Estelle Lecointe Artzner](#)

[Lennie Woods](#)

[Gabi Ott](#)

Tue 8 Jul – Infographic

Long-form

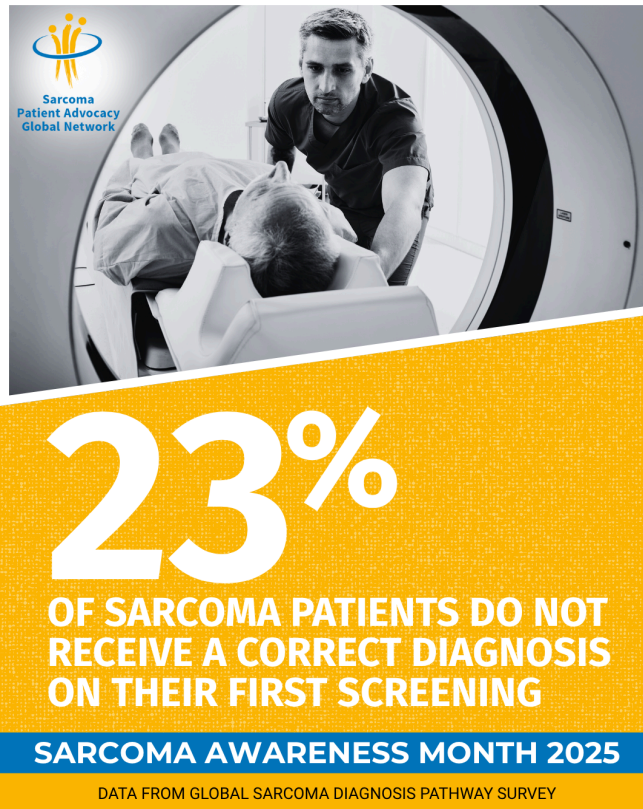
Sarcoma diagnostics are challenging! As rare cancers, sarcomas are easy to overlook. General practitioners often miss the signs. Many patients require a 2nd, 3rd, 4th consultation (or more!) to get the right diagnosis. These delays cost patients valuable time – months or even years – to address the most concerning symptoms. As a patient, don't settle for non-answers. If something feels off, demand clear answers. Your life may well depend on it.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#KnowYourNormal

Short-form

Sarcomas are easy to overlook. GPs often miss the signs. Many patients require a 2nd, 3rd, 4th consultation (or more!) to get the right diagnosis. Delays cost patients months or even years of critical time. Don't settle for non-answers.

#SarcomaAwarenessMonth2025 #KnowYourNormal



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[Download ready-made graphic in English](#)

Wed 9 Jul – Blog

Pending

Wed 9 Jul – Wear Yellow Wednesday

Long-form & Short-form

Drop that selfie in yellow 🟡! Let's fill up the feed with sunshine so no sarcoma patient feels alone. Tag #SarcomaAwarenessMonth2025 and tell us who you're wearing yellow for.

#WearYellowWednesday #SarcomaAwareness



WEAR
yellow
WEDNESDAY
GLOBAL DAY OF SOLIDARITY



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Thu 10 Jul – Engagement

Long-form

Have you ever gone to the doctor because you felt something was wrong and been told, “It’s nothing”? Share how you kept pushing for the answers you needed. Did you seek a second opinion; keep a diary of your symptoms; or bring a partner to your next appointments? You know your body, and when something feels off you deserve clear answers. Share how you made yourself heard.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms

#KnowYourNormal

Short-form

Ever had a doctor tell you “It’s nothing”? What did you do? Seek a second opinion; keep a diary of symptoms; or bring a partner to your next appointment? Share how you made yourself heard.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#KnowYourNormal



#SarcomaAwarenessMonth

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Sat 12 Jul – Tips & Tricks

Long-form

The golf-ball rule: any lump 4-5 cm or larger—especially if deep and growing—deserves imaging. If you find a lump like this, or you're experiencing night bone pain, insist on scans and a sarcoma-specialist referral.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma

Short-form

The golf-ball rule: any lump 4-5 cm or larger—especially if deep and growing—deserves imaging. If you find a lump like this, or you're

experiencing night bone pain, insist on scans and a sarcoma-specialist referral.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms



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Sat 12 Jul – PEComa Awareness Day

Long-form



Could it be PEComa?

PEComa is a very rare form of soft tissue cancer that can grow in many parts of the body—including the uterus, lungs, abdomen, or digestive tract. Because it's so rare, it's often misdiagnosed or found late.



Common early signs can include:

- A lump or mass you can feel

- Unexplained pain or pressure in the abdomen or pelvis
- Ongoing bloating or fullness
- Cough or chest pain (if in the lungs)
- Irregular bleeding (especially with uterine PEComa)
- Fatigue or weight loss without trying

Most of these symptoms are caused by things that aren't cancer. But if they don't go away, it's important to get checked—especially if something feels “off” in your body.

💛 Know your body. Trust your instincts.

Early diagnosis gives you more options. If something feels wrong and your doctor brushes it off—keep pushing. Rare doesn't mean impossible.

#PEComa #SarcomaAwarenessMonth2025 #KnowYourNormal
#RareCancer #PatientAdvocacy

Short-form

1/

🧬 What is PEComa?

It's a rare cancer that can form in places like the uterus, lungs, or belly. Because it's so rare, it's often overlooked. Here are signs to watch for 🧵
#PEComa #SarcomaAwarenessMonth

1/3

2/

Early symptoms of PEComa may include:

- A lump or swelling
- Ongoing bloating or pressure
- Pain in the belly or pelvis
- Irregular bleeding
- Chest pain or cough

- Fatigue or unexplained weight loss

#SarcomaAwarenessMonth2025

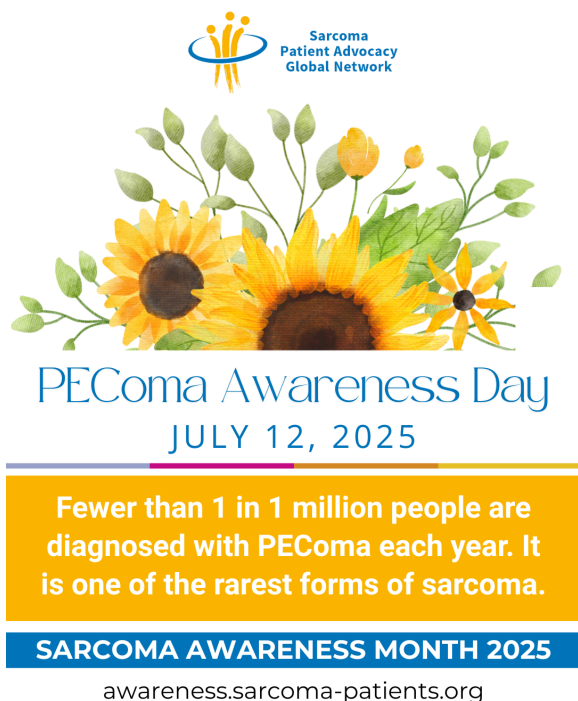
2/3

3/

Most of these signs have many possible causes but if they don't go away, get checked out. Early diagnosis is key. PEComa is rare. But people living with it deserve answers, treatment, and support. Don't ignore strange symptoms. You deserve to be heard.

#PEComa #KnowYourNormal

3/3



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Sun 13 Jul – GIST Awareness Day**Long-form**

Gastrointestinal Stromal Tumors or GIST can masquerade as ulcers or reflux. Watch for unexplained GI bleeding, fatigue, persistent fullness, or abdominal pain. If tests suggest GIST, ask about mutation profiling to receive the optimal treatment. Share your GIST journey and tag your fellow patients.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma #GISTAwarenessDay

Short-form

Gastrointestinal Stromal Tumors can present as ulcers or reflux. Look for unexplained GI bleeding, fatigue, persistent fullness, or abdominal pain. If GIST is suspected, ask about mutation profiling. Share your GIST story below. 🙌

#SarcomaAwarenessMonth2025 #GISTAwarenessDay



[Open graphic in Canva and make a copy to customize](#)
[Download ready-made graphic in English](#)

Week 3 Content

Week 3 – Breaking Barriers (HCP-focused) (14–20 July)

Mon 14 Jul – Video

Videos to share:

[Tasha Nathan](#)

[Christina Ip-Toma](#)

[Kai Pilgermann](#)

[Carolyn Dewalt](#)

Tue 15 Jul – Infographic

Long-form

How many chances do we get to recognize a sarcoma early?

SPAGN's Global Sarcoma Diagnosis Pathway Survey found that more than 50 percent of patients visit at least three different doctors before their sarcoma is detected. Each extra stop on that journey costs precious time, months or even years, that can significantly impact a patient's chance of successful treatment.

If you are a GP, nurse-practitioner, physiotherapist or emergency-room clinician, you may be the first professional a patient sees with:

🟡 a deep or enlarging lump ≥ 5 cm

🦴 persistent bone pain, especially at night

💥 unexplained swelling or loss of function in a limb

When you spot those red flags, please don't write them off. Order imaging early or refer to a sarcoma specialist center. Early imaging from a specialist can save a life.

2025 Sarcoma Awareness Month - Week 3 Content

Patients and caregivers: if you feel unheard, keep asking questions, bring a support person, and request a referral. Your instinct is valid.

Together we can shorten the road from “Something’s wrong” to an accurate diagnosis—and open the door to timely life-saving treatment.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma #KnowYourNormal

Short-form

Post 1/4

How many chances do we get to recognize a sarcoma early?

SPAGN’s research found that over half of patients visit 3 or more doctors before their sarcoma is detected, leading to delays that can significantly impact the chance of successful treatment.

1/4

Post 2/4

If you are a GP, nurse-practitioner, physiotherapist or emergency-room clinician, you may be the first professional a patient sees with:

● a deep or enlarging lump ≥ 5 cm

🦷 persistent bone pain, especially at night

💥 unexplained swelling or loss of function in a limb

2/4

Post 3/4

When you spot those red flags, don't write them off. Order imaging early or refer to a sarcoma specialist center. Early imaging from a specialist can save a life.

Patients & caregivers: if you feel unheard, keep asking questions, bring a support person & request a referral.

3/4

Post 4/4

Together we can shorten the road from "Something's wrong" to an accurate diagnosis—and open the door to timely life-saving treatment.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma #KnowYourNormal

4/4



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Tue 15 Jul – LMS Awareness Day**Long-form**

LMS begins in smooth-muscle tissue—most often in the uterus, abdomen, or limbs—so its first signs are easy to overlook: vague pain or fullness, a painless but slowly enlarging lump, heavier-than-usual menstrual flow or bleeding in urine or stool.

If something about your body feels “not quite right,” trust your inner alarm and ask for imaging or a referral to a sarcoma specialist. Early pictures can shave months off the time to correct diagnosis.

💜 Are you an LMS patient? Share your story below:

When did you first sense something was wrong?

Who helped you keep pushing for answers?

What do you wish every newly diagnosed patient or frontline clinician knew about LMS?

Your experience can help someone else get a faster diagnosis.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms

#KnowYourNormal #PatientAdvocate #Sarcoma #LMSAwarenessDay

Short-form**Post 1/2**

LMS begins in smooth-muscle tissue, often in the uterus, abdomen, or limbs. Common symptoms include vague pain/fullness, a lump, heavy menstrual flow or other bleeding. #KnowYourNormal: If something feels off, ask for imaging + a referral to a sarcoma specialist.

#LMSAwarenessDay

Post 2/2

♥ LMS patients, share your story:

When did you first sense something was wrong?

Who helped you keep pushing for answers?

What do you wish every newly diagnosed patient knew about LMS?

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms

#KnowYourNormal #PatientAdvocate #Sarcoma



[Open graphic in Canva and make a copy to customize](#)

[Download ready-made graphic in English](#)

Tue 15 Jul – LMS Awareness Day

Videos to share:

[Wilker Franco](#)

Thu 17 Jul – Blog

[DigiSwasthya Foundation Blog](#)

Long-form

How do you advocate for early diagnosis when the nearest sarcoma specialist is over 1,500 kilometers away?

For one rural sarcoma survivor in India, that question was not hypothetical. It was a matter of life and death.

This week for Sarcoma Awareness Month, we share the story of Sandeep Kumar, founder of DigiSwasthya Foundation. What started as persistent leg pain led to three years of delays, repeated misdiagnoses, and a long search for treatment.

Today, Sandeep's mission is to make sure others are not left behind simply because of where they live.

Read our latest blog: https://bit.ly/SPAGNblog_DF

🟡 #SarcomaAwarenessMonth #KnowYourNormal #BreakingBarriers
#Sarcoma #RuralHealth #PatientAdvocacy #SPAGN

Short-form

Leg pain. Misdiagnoses. A journey of over 1,500 km.

A rural sarcoma survivor in India turned his 3-year search for a diagnosis into a mission to change the system.

Read his story: https://bit.ly/SPAGNblog_DF

#SarcomaAwarenessMonth #KnowYourNormal #BreakingBarriers #SPAGN

Thu 17 Jul – Engagement (To HCP)**Long-form**

Patients know when something feels “off” and they deserve clear answers. More than half of sarcoma patients consult ≥ 3 physicians before diagnosis, and only 7.7 % of GPs suspect sarcoma at the first visit. General Physicians, nurses, and other primary health providers are encouraged to learn the warning signs of sarcomas. Early imaging or biopsy shaves months off of diagnosis and improves patient outcomes. Let’s normalise “No Non-Answers.”

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma

Short-form

Over half of sarcoma patients consult ≥ 3 physicians before diagnosis, and only 7.7 % of GPs suspect sarcoma at the first visit. Primary health providers are encouraged to learn sarcoma warning signs to improve early detection. Commit to “No Non-Answers.”

#SarcomaAwarenessMonth



[Open graphic in Canva and make a copy to customize](#)
[Download ready-made graphic in English](#)

Fri 18 Jul – PRE-ALERT – Light Up the World (25 Jul)

Long-form

In one week we'll "Light Up the World for Sarcoma." Our friends at Sarcoma Foundation for America have celebrated this tradition for years, and this year it's going global! Ask your local landmarks to light up the night with yellow to bring awareness for sarcoma, or shine a light in your own home and post a pic.

#SarcomaAwarenessMonth2025

Short-form

In one week we'll "Light Up the World for Sarcoma." Ask your local landmarks to light up the night with yellow to bring awareness for sarcoma, or shine a light in your own home and post a pic.

#SarcomaAwarenessMonth2025



[Open graphic in Canva and make a copy to customize](#)
[Download ready-made graphic in English](#)

Sat 19 Jul – Tips & Tricks (HCP)

Long-form

HEALTH CARE PROVIDERS: Don't dismiss it. Learn the red flags for potential sarcoma and help your patients get clear answers, quickly.

ANY mass the size of a golf ball (1-2 inches or 4-5cm), especially if it's growing rapidly, needs to be thoroughly checked. Even if it's painless.

ANY palpable bone lesion.

Unexplained persistent pain, especially at night, that can't be attributed to another injury or exercise, needs to be imaged to rule out sarcoma.

Primary care is often the only window to intercept sarcoma early. Commit to “no non-answers.”

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma

Short-form

HEALTH CARE PROVIDERS: Don't dismiss it. Learn the red flags for potential sarcoma & help your patients get clear answers, quickly.

Primary care is often the only window to intercept sarcoma early. Commit to “no non-answers.”

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms



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[Download ready-made graphic in English](#)

Week 4 Content

Week 4 – Rare, But Not Alone (21–31 July)

Mon 21 Jul – Video

Videos to share:

[Kurt Weiss](#)

[Sandeep Kumar](#)

[Annie Achee](#)

[Marloes van Esterik Zwemmer](#)

[Kamil Dolecki](#)

[Namuwonge Annet](#)

Tue 22 Jul – Infographic

Long-form

When we asked patients worldwide what first tipped them off, two answers towered above every other word on this graphic: PAIN, and an unexplained, fast-growing lump or swelling.

Too many of us chalk those signs up to a sports injury, a pulled muscle, or “just getting older.” We may downplay the discomfort because we do not want to bother anyone. Our survey results remind you to listen to your body and #KnowYourNormal.

If a lump is growing, deeper than the skin, larger than a golf ball, or painless but stubborn, ask for imaging.

If bone or soft-tissue pain wakes you at night or lingers longer than a month, push for an answer.

Listening to these red flags can turn months of uncertainty into a single, decisive appointment. Share below the first symptom that made you look twice—your experience might be the nudge that saves someone else valuable time.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#KnowYourNormal #PatientAdvocate #Sarcoma

Short-form

Post 1/2

We asked #sarcoma patients worldwide what first tipped them off, and two answers stood out: PAIN, and an unexplained, fast-growing lump or swelling. Don't downplay the discomfort. Listen to your body and #KnowYourNormal.

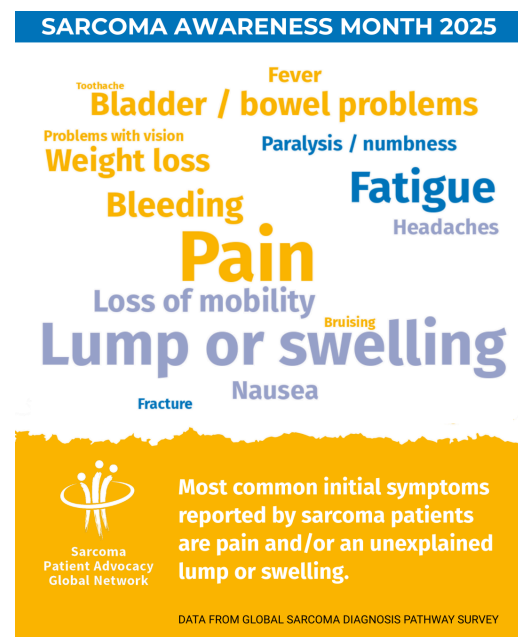
1/2

Post 2/2

If a lump is growing, even if painless, ask for imaging. If bone or soft-tissue pain wakes you at night or lingers longer than a month, push for an answer. These red flags can lead you to a critical early diagnosis.

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms

2/2



[Open graphic in Canva and make a copy to customize](#)

[Download ready-made graphic in English](#)

Wed 23 Jul – Blog

Pending

Thu 24 Jul – Engagement

Long & Short-form

Look back on your sarcoma journey and think of the people who never let you walk alone. Tag them and share one thing they did that carried you through. SPAGN's member groups across the globe create a support network for thousands. 🧡

#SarcomaAwarenessMonth2025 #RareButNotAlone



[Open graphic in Canva and make a copy to customize](#)

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Fri 25 Jul – Light Up the World**Long-form**

Tonight our timelines will glow with hope. Light-Up for Sarcoma has been coordinated for years by our friends at Sarcoma Foundation for America. This year, we're going global, encouraging all of our member groups spanning six continents to join in. Post a photo of local landmarks and homes lit up with yellow to bring awareness to these rare cancers. This is a message to all those living with sarcoma, for those missing a loved one, and for those waiting for answers: You are not alone. 🌍

#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma #LightUpForSarcoma

Short-form

Our friends at @CureSarcoma have coordinated the #LightUpForSarcoma campaign for years. Now, it's going global. Join our members & post a photo of local landmarks and homes lit up with yellow to bring awareness to these rare cancers. You are not alone.

#SarcomaAwarenessMonth2025



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Video post pending

Sat 26 Jul – Tips & Tricks

Long-form

Community is a critical part of your care. Rare diseases like sarcomas can be incredibly isolating, but you do not have to go through this on your own. Here are three ways to tap into the collective strength of your global sarcoma community:

- 1 Find a patient support group near you via SPAGN's directory at <https://bit.ly/SPAGNmembers>
- 2 Join patient support groups on social media to connect with patients of your subtype from around the world – also open to caregivers!

- 3 Share your experiences, insights from your doctor, and what worked for you so no one starts from zero.

We may be rare, but we are NOT alone. 🧡

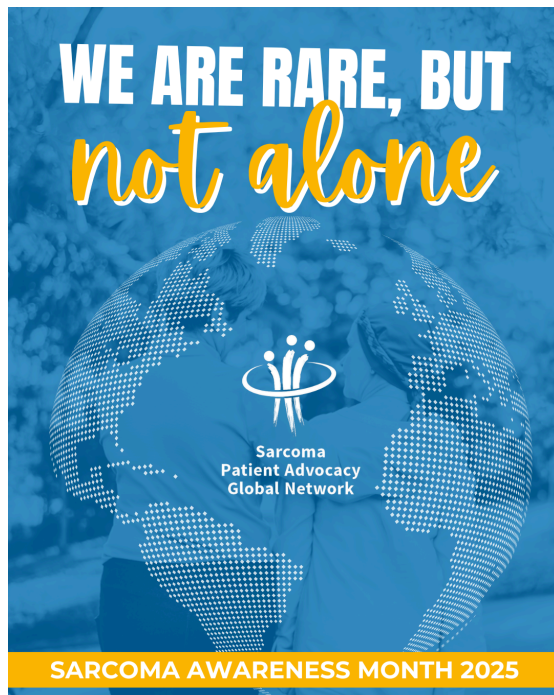
#SarcomaAwarenessMonth2025 #SarcomaSignsAndSymptoms
#PatientAdvocate #Sarcoma

Short-form

Sarcomas can be isolating, but you are not alone. Three tips:

- 1 Find a patient support group near you at <https://bit.ly/SPAGNmembers>
- 2 Join patient support groups on social media
- 3 Share your story, what questions to ask, and what worked for you.

#SarcomaAwarenessMonth2025



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Mon 28 Jul – Video

Videos to share:

[Angelika Sandakly](#)

[Janet Panoch](#)

[Marloes van Esterik Zwemmer](#)

[Maggie Cameron](#)

Tue 29 Jul – Infographic - SPAGN Member Groups

Long-form

We are stronger together. The Sarcoma Patient Advocacy Global Network serves as a network connecting national and regional member groups specializing in many subtypes of sarcomas. With nearly 70 member groups spanning six continents, we connect sarcoma patients and caregivers with community, support, and information to help them on their journey. Do you represent a sarcoma advocacy group? Then join us! Visit bit.ly/SPAGNmembers to learn more.

#SarcomaAwarenessMonth2025 #Sarcoma #PatientAdvocate

Short-form

We are stronger together. SPAGN is a network of nearly 70 national patient advocacy groups specializing in different subtypes of sarcomas. Do you represent a sarcoma advocacy group? Visit bit.ly/SPAGNmembers to learn more about membership.

#SarcomaAwarenessMonth2025



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Thu 31 Jul – Wrap-Up Video
Video pending