

Chondrosarcoma: First Steps After Diagnosis

A practical guide for patients and families newly diagnosed with chondrosarcoma.



You are not alone.

A diagnosis can feel overwhelming.

In most cases, treatment planning happens over days to weeks, not hours.

You usually have time to ask questions, seek expert input, and make careful decisions.

First Steps

1

Find a sarcoma treatment center

Seek care from a sarcoma center or multidisciplinary team with bone sarcoma experience.

Requesting a second opinion is normal and expected.

If travel or location is a challenge, ask whether a remote consult is available.

2

Understand the biopsy and surgical plan

The biopsy and surgery work best when planned together.

Ask whether your biopsy can be coordinated with the sarcoma team who would perform surgery.

3

Collect and organize your records

Ask for your pathology report, imaging reports, imaging files, and portal access from every hospital involved in your care.

Keep digital and paper copies in one place.

4

Know your diagnosis and treatment plan

Ask what your diagnosis means and what the next steps are.

Imaging and biopsy together guide the diagnosis and treatment plan.

5

Establish your support system

Bring a trusted family member or friend into the process.

A support person can take notes, help organize paperwork, and help you remember what was discussed.

Good to remember

- ✓ It is okay to slow the process down enough to understand the plan.
- ✓ Write down questions as they come up.
- ✓ If travel is difficult, ask whether a virtual consultation is available.

Questions and Checklist for Your First Specialist Visit

Use this page to prepare for appointments, ask questions, and stay organized.



Write questions down, bring them to your next visit, and bring a support person if you can.

1. Three Questions to Ask

1



What is my exact subtype and grade?

2



Has my case been reviewed by a sarcoma tumor board?

3



Was my biopsy planned in coordination with the sarcoma team who would perform surgery?

2. Before Treatment Begins

- ☐ I know which sarcoma center or specialist team is directing my care.
- ☐ My records, reports, and imaging files are organized in one place.
- ☐ I understand the next step in the plan and who will help coordinate it.
- ☐ I know whether more imaging or review is needed before biopsy or treatment.
- ☐ I have a support person or a note-taking plan for appointments.

How Family or Friends Can Help



BE PRESENT

Take notes and help track answers.



GATHER RECORDS

Help collect reports, images, and paperwork.



MANAGE INFORMATION FLOW

Use trusted sources and check advice with the medical team.



TAKE CARE OF YOURSELF

Support people may need support too.



FOLLOW THE PATIENT'S LEAD

Be respectful of how much they want to talk; sometimes simply being there helps.



Good to remember

- ✓ Second opinions are a normal part of care.
- ✓ You do not need to absorb everything in one visit.

Chondrosarcoma and sarcoma resources



Chondrosarcoma Foundation

csfshayna.org
301-404-7100



SARC – Sarcoma Centers Directory

sarctrials.org/sarcoma-centers/



Sarcoma Alliance

sarcomaalliance.org
415-381-7236



National Cancer Institute

cancer.gov/contact
1-800-4-CANCER
(1-800-422-6237)