



## Ocean of Hope



For three years, Phil Ambrose has raised money to help sarcoma patients. This year he helped one by telling her about the Sarcoma Alliance.

"Six weeks ago, a friend's wife was diagnosed with sarcoma," says Phil, in the photo with his son Caden. "Things are looking great for her now, but in the first few weeks I put them in contact with SA and they were stoked with the response. They were very happy with the information on second opinions."

Phil will paddle Aug. 26 in the grueling Catalina Classic Paddleboard Marathon for the Ocean of Hope, the Alliance's largest fundraising campaign. His paddleboard will bear the names of people lost to sarcoma, or living with it.

"When things get tough across the channel, I think about how any one of those persons would trade places with me in a heartbeat if they could."

[Learn more](#) 

## Cancer and Sexuality



From losing a limb to losing their hair, people may find sarcoma treatment affects their desire and the way they express their sexuality. Mary K. Hughes, a clinical nurse specialist in the psychiatry department at M.D. Anderson Cancer Center,

discusses common problems in an article on our website.

"One of the most important factors in improving your sexual relationship is communication: Talk about it. Ask health-care practitioners about sexual concerns; they can address them or refer you to someone who can. You do not have to suffer in silence — help is available. If sexuality is important to you, then it should be important to your health-care practitioner, too."

[Learn more](#) 

## YOU ARE NOT ALONE

### Sarcoma Stories



#### **Marites Tullius**

I stood at the water's edge in Manhattan Beach, waiting for a friend on a paddleboard who was competing to support people with sarcoma. He was racing across 32 miles in the Pacific Ocean for a small campaign called the Ocean of Hope for a small organization called the Sarcoma Alliance. He was paddling 32 miles from Catalina Island to Manhattan Beach, using only the strength of his arms and the will in his heart to make it to the finish line.

[Read the complete story](#)

## Upcoming Events

**Paddle for Humanity**

**Ocean of Hope**

**U.S. Outrigger  
Championships**

**Musculoskeletal Tumor  
Society**



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