

Fear of Recurrence

When cancer comes back after treatment and after a period when cancer was not found in your body, it's called a recurrence. Most cancer survivors experience a fear of recurrence.

TRY THIS

Adjust to a new normal. You may find yourself making changes in the ways you do things.

Be informed. Ask your doctor for a list of common signs of recurrence.

Join a peer group. Find support and useful ideas from others that might help you.

CHECK THIS OUT

Visit the Springboard page on Fear of Recurrence.

<https://smokefree.gov/springboard/stress-mood/fear-of-recurrence>

Learn more about living with the fear of cancer recurrence

(<http://goo.gl/7RH62N>) and finding a new normal

(<http://go.usa.gov/xaKmF>).

Get the answers to frequently asked questions about fear of recurrence. <http://goo.gl/7RH62N>