

What Is Fear of Recurrence?

Due to the possibility of relapse, fear of recurrence is a common challenge after cancer treatment. It includes upsetting thoughts and feelings about the threat of cancer coming back.



Things to know about fear of recurrence:



It is **not** irrational to be afraid of cancer relapse



Symptom severity can range from mild to debilitating



Anxiety may rise before scans or alongside physical symptoms

Each hospital has different resources to assess and treat mental health symptoms such as fear of recurrence.

You can ask your treatment team for guidance on managing it.