

# 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.

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## 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>