

# Coping with Fear of Cancer Recurrence

with Dr. Michelle Lee, PsyD



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After treatment ends, one of the most common fears patients have is that the cancer will come back, also called recurrence. Anxiety about recurrence is very normal, but doesn't need to hold you back from the life you wish to live. Join us to learn simple strategies for managing the fear and uncertainty that come with having had a cancer diagnosis, including triggers and anxiety related to follow-up scans or tests.

This talk is for cancer patients and survivors who have completed active treatment and are in their follow-up period. Also open to those living with advanced or metastatic cancer, and who are on long-term treatment. Open to family members, but most applicable to cancer patients/survivors.

Presented by **Michelle Lee, PsyD, Oncology Psychologist** with the Legacy Cancer Institute.

**Wednesday, April 29th, 2026**

**5:30 – 7:00 pm**

**TO REGISTER: Scan the QR code with your phone, or visit**  
**[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)**  
**for this **FREE** virtual event**

Questions? E-mail [ballen@lhs.org](mailto:ballen@lhs.org) or call 503-413-7284



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