

## Soundbite Script – Fear of Recurrence

**Lisa Bruno, Oncology Nurse Navigator, OSF HealthCare**

“A fear of recurrence is a phenomenon for someone who’s gone through cancer treatment. It doesn’t seem to hit everyone the same way, and some people more concerned about their cancer coming back than others. It doesn’t seem to be cancer specific, but I have noticed working as a navigator that pretty much everyone I have ever worked with has the fear of this cancer coming back. Have I done enough to keep this cancer from coming back?”

**Lisa Bruno, Oncology Nurse Navigator, OSF HealthCare**

“They are the caregivers, generally, of the family. They don’t have time for this cancer to come back. I encourage them to do all the treatments they can that are appropriate for them. Even if something was to come back with their breast cancer down the line, there are so many advances today that are continuing with more targeted treatments that they might be eligible for down the line. I’m not so scared of a recurrence because there continues to be new developments out there for treatment.”

**Lisa Bruno, Oncology Nurse Navigator, OSF HealthCare**

“Some good ways to get over the fear of recurrence or at least figure out a way to live with it and make it a part of your daily life is find some support. Whether it’s online, in-person, ask your providers if they have any suggestions for support. Maybe it’s your faith community. Maybe it’s a close friend you’ve had for a long time and it might not be anyone in your family, but just someone you can count on to be there, to listen to you when you need it.”

**Lisa Bruno, Oncology Nurse Navigator, OSF HealthCare**

The cancer diagnosis has rocked your world once. You sure don’t want it to happen again. Your best bet is to follow through with the treatments that are recommended. Seek support and guidance from your providers afterwards and find somebody, whether it’s a group or an individual, that you can trust to lay out these fears. I can’t stress enough that it is a very normal thing to happen, but it doesn’t have to rule your life.”