

Managing your Cancer Worries: A Research Study

- **Do you often worry about your cancer coming back?**
- **Do you worry for weeks before your follow-up appointments?**
- **Do your worries about your cancer coming back cause you distress or affect your daily life?**

If so....

A therapy intervention is being offered to increase quality of life and decrease fear of cancer recurrence.

Who is eligible to participate?

Men & Women who have:

- **been a patient of the Ottawa Hospital Cancer Program**
- **been diagnosed with stage I-III **cancer** and finished treatments**
- **not experienced a **cancer** recurrence**
- **worries about cancer returning or worsening**
- **interest in exploring their fear of cancer recurrence**
- **willingness to participate in six weekly meetings at TOH, General Campus**

**For more information, please contact the research assistant,
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This study has been approved by the Ottawa Health Science Network Research Ethics Board