



# Cancer Recurrence

**Cancer can return—but you can take action.** Recurrence can happen in the same place or spread elsewhere, and the risk varies by cancer type and stage. While there's no way to completely prevent it, staying active and maintaining a healthy diet can help lower the risk.

**We're here to help.** Livestrong supports survivors through **Livestrong at the YMCA** fitness classes and **CancerFit**, a personal training program designed for those rebuilding strength after cancer. **Take charge of your health to lower your risk of recurrence.** Learn more at [livestrong.org/how-we-help](https://livestrong.org/how-we-help).

## Cancer Recurrence Resources



Cancer  
Recurrence



Understanding  
Recurrence



How to Cope  
with Cancer  
Recurrence



Facing Forward:  
Life After  
Cancer Treatment



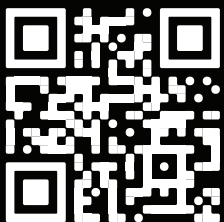
Oncologist Q&A:  
Understanding  
Cancer  
Recurrence



## General Cancer Resources

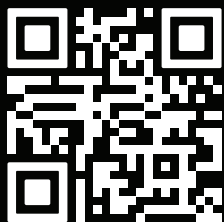
Whether you're a patient, survivor, or caregiver, Livestrong is here to help. Fill out our Cancer Resource Request Form and receive vetted resources relevant to your unique concerns. Through the support of our trusted partner We Are Here, we can help connect you with emotional support services, cancer mentorship matching, and organizations that can assist with financial, employment, and insurance issues. Get started at [Lvstr.ng/GetHelp](https://lvstr.ng/GetHelp).

### Resources for All Cancer Types



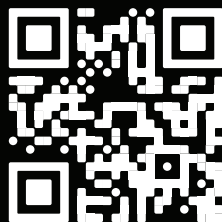
**Livestrong  
Guidebook**

Tools for Your  
Cancer Journey



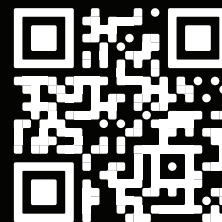
**Family Reach**

Financial  
Assistance



**Patient Advocate  
Foundation**

Personalized  
Support



**Imerman Angels**

Peer Mentorship  
Support



**Livestrong  
Fertility**

Family-Building  
Discount Program