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PATIENT & CAREGIVER EDUCATION

# Coping with Post-Treatment Anxiety

Patients often experience a range of positive emotions at the end of treatment, including relief, gratitude, and hope for the future. However, though sometimes unexpected, it is also common for patients to experience increased worry and anxiety. In this talk, Dr. McDarby will discuss why anxiety can increase when treatment is done and what you can do to help manage it. The information presented will help empower you to recognize and cope with post-treatment anxiety.

## Audience

This program is open to the community.