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# Understanding Transition

While transition has no standard time frame, researchers generally say that the first year or two after cancer treatment ends will be a period of adjustment depending on your support system, the severity of your treatment, and myriad other physical and emotional aspects. During this time you may experience:

- > Anxiety about less medical follow-up
  - > Fear of recurrence
  - > Sleep issues such as insomnia
  - > Fatigue
  - > Chronic pain
  - > Insurance and employment issues
  - > Difficulties with reintegration with family, friends, and normal activities

**Resource:** The Office of Cancer Survivorship at [cancercontrol.cancer.gov/ocs/office-survivorship.html](https://cancercontrol.cancer.gov/ocs/office-survivorship.html).