



Managing PTSD and Anxiety Following a Cancer Diagnosis: Effective Strategies to Navigate

Studies show more than 35 percent of cancer survivors experience feelings of Post-Traumatic Stress (PTS). PTS is similar to post-traumatic stress disorder (PTSD) experienced by military veterans and survivors of natural disasters or life-threatening events.

When someone in a family is diagnosed with cancer, it can affect everyone. This creates a continuous cycle of fear and anxiety, which can lead to Post-Traumatic Stress or a diagnosis of PTSD. In this one-hour presentation, psychologist **Dr. Ann Friedman** and trauma-survivor **Shawn Alex Nemeth** shine a light on this complex issue and equip participants with evidenced-based tools to relieve fear and anxiety.

Keynote Speakers:



Dr. Ann Friedman



Shawn Alex Nemeth

When: Saturday, September 21, 2024, from 9:15 – 10:15 am CT

Location: International Thyroid Cancer Survivors' Conference at the Hilton Houston Post Oak at the Galleria, Houston, TX and virtually

Room: Ballroom C

Registration: Through our [Zoom Conference Platform](http://www.thyca.org/conference) <http://www.thyca.org/conference>

Access: in person or virtually

Please join us for a continental breakfast from 8:15 – 9:00 am CT