

Kate Middleton, Princess of Wales, Calls Cancer Recovery a “Roller Coaster”

While visiting a hospital in England, Princess Kate opened up about recovering from cancer and putting on a brave face during treatment. [VIDEO]

July 9, 2025 By Laura Schmidt

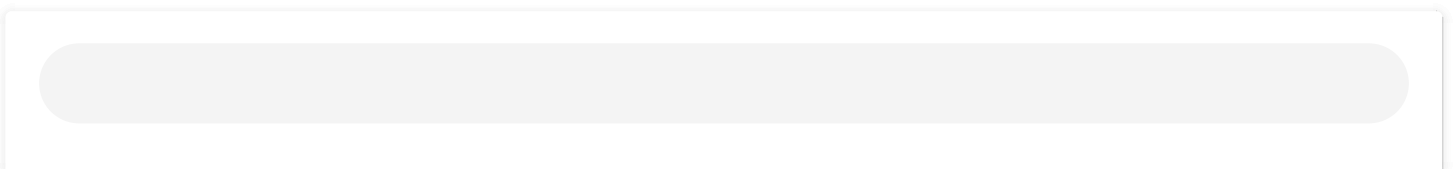
Six months into remission from [cancer](#), Kate Middleton, the Princess of Wales, opened up about her [recovery](#), calling the experience a “roller coaster,” according to CBS Mornings (you can watch the video segment above or [on YouTube](#)).

During a visit to Colchester Hospital in Colchester, England, Middleton, 43, chatted with cancer patients, hospital staff and volunteers. During her conversations, Middleton reflected on her own recovery, saying it is not as straightforward as some may expect.

“You put on a sort of brave face, stoicism, through treatment. Treatment’s done, and it’s like, ‘I can crack on, get back to normal again,’ but actually that phase afterwards is a really difficult time,” Middleton said at Colchester Hospital.

“It’s a roller coaster. It’s not one smooth plain, which you expect it to be, but the reality is it’s not. You go through hard times, and to have a place like this, to have the support network, whether it’s through creativity and singing or gardening, whatever it might be, is so valuable, and it’s great that this community has it,” she said at the hospital according to the Press Association. “It would be great if lots of communities had this kind of support.”

The princess, who is also known as Catherine and is married to Prince William, the heir to the British throne, planted Catherine’s Rose in the RHS Wellbeing Garden. Fifty more roses were donated in hopes to bring moments of peace to staff, patients and more.





[View this post on Instagram](#)

A post shared by The Prince and Princess of Wales (@princeandprincessofwales)

In March 2024, Middleton [first announced](#) that she had been diagnosed with cancer, which was discovered during abdominal surgery in January. Although she never disclosed what type of cancer she had, she did share that she underwent chemotherapy. In September, Kate said she [was cancer-free](#), and in January of this year, she posted that the cancer was in remission. She has continued to visit cancer patients and speak of her own experiences.

“The last nine months have been incredibly tough for us as a family,” Middleton said in a [September 9 Instagram post](#) that included a three-minute video montage and written message. “The cancer journey is complex, scary and unpredictable for everyone, especially those closest to you.”

The video featured clips of Middleton, her husband and heir to the British throne, Prince William, 43, and their children George, 11; Louis, 7; and Charlotte, 10.



[View this post on Instagram](#)

A post shared by The Prince and Princess of Wales (@princeandprincessofwales)

Today, Middleton is focusing on recovery and life after cancer.

“It’s life-changing for anyone, through first [diagnosis](#) or post-[treatment](#) and things like that, it is a life-changing experience both for the individual patient but also for the families as well,” Middleton said at the hospital. “And actually, it sometimes goes unrecognized, you don’t necessarily...appreciate how much impact it is going to have. You have to find your new normal, and that takes time.”

To learn need-to-know facts about cancer, visit our [Cancer 101 Basics](#). You’ll find information on treatments, screenings, prevention, diagnoses, the different types of cancer and more.

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.cancerhealth.com/article/kate-middleton-princess-wales-calls-cancer-recovery-roller-coaster>