

# Massage Therapy

Massage is a type of complementary therapy that is used with conventional or mainstream medicine. People with cancer may find that massage helps reduce some side effects of chemotherapy, radiation or drug therapy.

## Benefits of massage therapy\*

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Research shows that massage may reduce:

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Pain	Nausea
Fatigue	Anxiety and depression

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Individuals who have had massages during cancer treatments have experienced many positive outcomes such as:

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Improvements in sleep	Stronger immune function
Mental clarity and alertness	
Improved quality of life	

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\*Source: Cancer Council, [www.cancercouncil.com.au](http://www.cancercouncil.com.au)

## Locations

**Northwestern Medicine  
Cancer Center Grayslake**  
1475 East Belvidere Road  
Pavilion A, First Floor  
Grayslake, Illinois 60030

To schedule an appointment, please call  
Noelle Mack, LCSW, OSW-C  
847.535.7441  
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**Northwestern Medicine  
Lake Forest Hospital  
Cancer Center**  
1000 North Westmoreland Road  
North Entrance  
Lake Forest, Illinois 60045

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