

# Massage Therapy

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

## Benefits of massage therapy\*

Research shows that massage may reduce:

Pain	Nausea
Fatigue	Anxiety and depression

People who got massages during cancer treatments enjoyed:

Better sleep	Mental clarity and alertness
A stronger immune system	Better quality of life

\*Source: Cancer Council, [cancerCouncil.com.au](http://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  
[noelle.mack@nm.org](mailto:noelle.mack@nm.org)

### Northwestern Medicine Lake Forest Hospital Cancer Center

1000 North Westmoreland Road  
North Entrance  
Lake Forest, Illinois 60045

To schedule an appointment, please call  
Alejandra Alfaro, MSW, LSW  
847.535.7946  
[alejandra.alfaro@nm.org](mailto:alejandra.alfaro@nm.org)