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**

Research shows that massage may reduce:

- Pain
- Nausea
- Fatigue
- Anxiety and depression

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

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


**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

**Northwestern Medicine**

**Lake Forest Hospital**

Cancer Center

1000 North Westmoreland Road

North Entrance

Lake Forest, Illinois 60045

To schedule an appointment, please call

Marie Fuentes-Harris, LCSW, OSW-C

224.271.6316

marie.fuentes-harris@nm.org