

Oncology Massage

Oncology massage is a specific form of massage that can safely help manage side effects from cancer or its treatment. A licensed massage therapist provides this service in the Integrative Medicine Center.

Oncology massage may help with:

- Being anxious
- Being depressed
- Stress
- Pain
- Fatigue
- Poor Sleep
- Overall well-being



Frequently Asked Questions

Is it safe?

- Lab results are reviewed before each session. This is to check your risk of bleeding and for an infection. If you have a high risk for either or both, you may not be able to get this service.
- The therapist may change the site, pressure and positioning of the treatment. This is based on your medical history and current condition.

What should I expect from my session?

- The first visit takes about 1 hour.
- You are required to sign a consent form.
- You will complete a form to check your symptoms before and after each visit. This helps to measure how well the treatment is working.
- Vital signs are taken before each session.
- If necessary, eat a light snack before your appointment.
- You will be asked to remove clothing to your level of comfort. You will be covered with a sheet and blanket at all times during the massage. This is to ensure your comfort and privacy. Gowns are available.
- The exact number and frequency of treatments depends on your symptoms.

If you are interested in this service, please ask your health care team for a referral to the Integrative Medicine Center

Resources

To learn more, please visit:

- www.ncbtmb.org
- www.amtamassage.org
- www.S4OM.org

For additional questions or concerns, please contact:

Integrative Medicine Center

Phone: 713-794-4700

Email: myMDAnderson

Fax: 713-794-4728

Hours: Monday-Friday, 8 a.m.-5 p.m.

Website: www.mdanderson.org/integrativemedcenter