

# Massage Therapy for People With Cancer

In 2018, an estimated 1,735,350 new cases of cancer [were] diagnosed in the United States.

In 2016, there were an estimated 15.5 million cancer survivors in the United States. **The number of cancer survivors is expected to increase to 20.3 million by 2026.**

[cancer.gov]

**1290 in- and outpatients, Memorial Sloan-Kettering Cancer Center, New York City**

**Drops in 5 symptoms after single massage therapy session:**

Pain ↓ 40%

Nausea ↓ 21.2%

Fatigue ↓ 40.7%

Anxiety ↓ 52.2%

Depression ↓ 30.6%

[[Journal of Evidence Based Complementary and Alternative Medicine](#) 2017

**Six weekly 45-minute massages were associated with significant reduction in fatigue in breast cancer survivors.**

[[Cancer](#). 2018 Feb 1;124(3):546-554]

**Benefits persisted ... throughout the duration of 48-hour follow-up.**

These data indicate that massage therapy is associated with substantive improvement in cancer patients' symptom scores.

[[Journal of Pain and Symptom Management](#), Volume 28, Issue 3, Pages 244-249 (September 2004) ]

[After one 30- or 60-minute massage session, there were] **statistically and clinically significant improvements in pain, fatigue, anxiety, well-being, and sleep in both patients and caregivers.**

[[Supportive Care in Cancer](#). 2017 Dec;25(12):3645-3650]

