

# Complementary Therapies and Cancer Care

Now a Health Minute.

Meditation, yoga, massage—these and other complementary therapies may help with cancer care.

Complementary therapies are those used *along with* standard types of care, such as chemotherapy. They may help: Ease treatment side effects, like pain or nausea; Reduce stress; And improve mood and well-being.

There are many types of complementary therapies. Not all have been shown to be safe or effective. Some may even interfere with standard care or be harmful.

Those that may help people with cancer include: Acupuncture or acupressure; Art and music therapy; Massage; Meditation; And mind-body methods like tai chi and yoga.

Before trying any complementary therapy, always first talk with your care team. They can tell you if it is safe for you.