



# Evidence-Based Integrative Approaches for Cancer Pain

## PATHWAYS TO PAIN RELIEF



### Acupuncture

Treats joint, nerve, and cancer-related pain.



### Massage Therapy

Provides comfort and pain relief in palliative care.



### Hypnosis

Reduces pain during medical procedures and biopsies.



### Reflexology

Alleviates pain during chemotherapy and treatments.

Research guidelines from oncology experts suggest these approaches may help reduce certain types of cancer-related pain. These approaches are meant to work alongside medical care, not replace it.

