

Research • Education • Clinical Delivery

Inside Integrative Medicine



A Newsletter for Staff, Participants and Friends of Integrative Medicine & Place ... of wellness

August/September 2009

Healthy Mind ...

Chemobrain: Is It Real?

From ¼ to ½ of cancer patients suffer from what is referred to as "chemo brain," or difficulty processing information at a normal rate due to cognitive inefficiency. This type of cognitive loss can range from subtle and noticeable only to the person to more severe.

Chemobrain can make it hard to find a word during a conversation, to focus one's attention, to multi-task, and to process as much information as before. They may be slower to do their normal activities or find it is hard to complete tasks due to distractibility. In some cases, doctors can prescribe medications that can help alleviate these symptoms. There are also several behavioral and life-style changes that can help, too.

First, be organized

- Have a day planner or a P-D-A.
- Create a daily list of tasks & prioritize the tasks.
- Keep a running master list across weeks or the month.
- Have an end of day routine checklist.
- Use devices with audible alerts. For example, many cell phones can be programmed with reminders and alarms.

Second, conserve energy

- Start slow, pace yourself.
- If possible, talk with your employer about flexible working hours or even job sharing.
- Do your most important tasks when you are the most energetic.
- Delegate other tasks when possible.
- Take breaks between tasks.

Third, Minimize Forgetfulness

- Park in the same space, or write down the location of your car in your day planner.
- Use a pill box.
- Create a memory station where all important items such as keys and purses are always placed.

Fourth, Learn to Manage Stress

- Take a Place of Wellness Class: Relaxation Training, Yoga, Meditation, Hypnosis
- Seek help for distress
- Simplify routine tasks. Use direct deposit and automatic bill pay if your bank offers them.
- Store frequently used numbers in your phone.



As always, please talk with your doctor about your treatment plan. We welcome you to join us monthly for our Chemobrain program on the second Monday of each month. For a referral for a cognitive assessment, please call the Neuropsychology Service at 713 792-0708.

A Video on Demand about Chemobrain is scheduled to be on our website Fall 2009. For a complete list of programs and classes offered at Place ... of wellness, call us at 713-794-4700 or visit us at mdanderson.org/placeofwellness.

Healthy Beverage ...

Green Tea for Leukemia

Reprinted with permission from [Natural Standard.com](http://NaturalStandard.com)

[Mayo Clinic researchers](http://MayoClinic.com) have found that a compound in green tea called epigallocatechin gallate (EGCG) may have beneficial effects in patients with chronic lymphocytic leukemia (CLL).

CLL is one of four types of leukemia, which affects the blood and bone marrow. CLL typically progresses more slowly than other types of leukemia, and it is most common among adults who are 50 years of age or older.



In the Phase I clinical trial, 33 adults with CLL received eight different doses of Polyphenon E, a substance made from decaffeinated green tea that contains EGCG. Participants received 400-2,000 milligrams of Polyphenon E twice daily for one month.

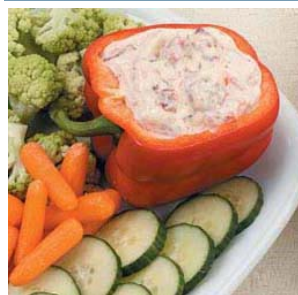
According to the results, published in the Journal of Clinical Oncology, the supplement was well tolerated, and high doses helped decrease the white blood cells counts in one-third of patients with CLL, indicating cancer regression. Additionally, most people who had enlarged lymph nodes at the start of the study experienced at least a 50 percent reduction in lymph node size.

The research is now undergoing a second phase of clinical testing in which CLL patients will each receive 2,000 milligrams of Polyphenon E twice daily.

For more information about green tea, please visit Natural Standard's [Foods, Herbs & Supplements](#) database.

Healthy Recipe ...

Roasted Red Pepper Hummus



- 1/4 cup tahini (sesame paste)
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 2 Tbsp. lemon juice, or to taste
- 7 oz. jar roasted red peppers, drained
- 15 oz. can chickpeas, drained and rinsed
- 15 oz. can white kidney beans, drained and rinsed

Combine and pulse all ingredients in food processor or blender until smooth. Flavors will develop as hummus sits for 30 minutes or more. Season to taste with salt and pepper. Serve chilled with vegetables.

As always, please be mindful of any food allergies or dietary restrictions you may have.

Please consult with your medical provider if you have any questions.

Research ...

Apple Peel for Cancer

Reprinted with permission from [Natural Standard.com](http://NaturalStandard.com)

A new study reports finding over a dozen compounds called triterpenoids in apple peel that appear to inhibit and/or kill cancer cells.

Researchers from Cornell University in Ithaca, New York isolated the 13 triterpenoids using bioactivity-guided fractionation of apple peels and tested their antiproliferative activities against human liver cancer cells, breast cancer cells and colon cancer cells.

The study found that most of the triterpenoids showed high potential anticancer activities against the three human cancer cell lines.

The study authors concluded that the triterpenoids isolated from apple peels may have potent antiproliferative activity and may be partially responsible for the anticancer activities of whole apples.



"There is no passion to be found playing small, in settling for a life that is less than the one you are capable of living."

Nelson Mandela

If you would like to be added to our mailing, you can do so at mdanderson.org.

Integrative Medicine Program Lecture Series

September 17, 2009 – **Optimal Healing Environments: Merging Evidence-Based Practice with Evidence-Based Design**

Mary Jo Kreitzer, Ph.D., Professor of Nursing, Director of Center for Spirituality and Healing, University of Minnesota, Minneapolis, MN

Lectures take place at 12:00 – 1:00 p.m. in Hickey Auditorium (R11.1400). For more information about the lecture series, please visit the Complementary/Integrative Medicine Education Resources website at www.mdanderson.org/CIMER



Missed a lecture? Selected lectures from the IM Lecture Series are now available on DVD at The Learning Center.

Place ... of wellness Spotlight

For the ninth year, Anderson Network's Living With, Through and Beyond Cancer Conference will give cancer patients, caregivers and family members the opportunity to sample complementary and integrative programs offered at Place ... of wellness.

With the theme, "The Strength Within," the conference will be held at the Houston Marriott Westchase, 2900 Briarpark Dr., Thursday-Saturday, Sept. 10-12.

In addition to AM Tai Chi on Friday and Saturday mornings, we will also host the following workshops on Thursday, Sept. 10:

- Qigong and Tai Chi — Learn to harmonize the connection of the physical body to the mind using guided meditations, postures, and moving exercises.
- Aromatic Mind Medicine — Experience essential oils that have possible therapeutic uses and take home a comprehensive guide to creating your own aroma blend at home.
- The Sounds of Our Voices — Michael Richardson, MT-BC presents this fun workshop for anyone wanting to learn the secrets of songwriting and express feelings or thoughts through song.
- Power of Touch- Safe Massage for People Touched by Cancer — Numbness and tingling sensations in the hands and feet can be extremely painful for some cancer patients. Learn how and when to use massage, as well as the benefits and precautions of massage for patients with cancer.
- Journaling: The Healing Power of Story — Discover the healing power of accessing stories from your life and writing about them in a non-critical atmosphere.

Hota Kotb, NBC Today co-anchor and cancer survivor, is a keynote speaker along with Martin Raber, M.D, cancer survivor and author of "Lessons from the Couch." There will be additional panelists and presenters as well as multiple breakout sessions, with three in Spanish, to address issues patients face.

The traditional medical panel, offering updates on the latest in cancer research, will again be led by M. D. Anderson President John Mendelsohn, M.D. Besides being filled with a wealth of health information, the conference also has plenty of fun and networking events: a Thursday night mixer and a Friday evening banquet with humorist and motivational speaker Charles Petty, Ph.D.

Due to the generosity of M. D. Anderson and corporate and individual sponsors, the registration fee is just \$75 per person. This includes all meals, activities and self-parking. The conference is open to all cancer patients, regardless of where treatment was received, as well as their family and friends. For additional information or to register for the conference, call the Anderson Network at (800) 345-6324 or (713) 792-2553.

