



## Healthy Body...Group Exercise

### Group Exercise for Breast Cancer Patients

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Group exercise may have functional and psychological benefits for women suffering from breast cancer, a new study reports.

Researchers at the Department of Sport, Culture and the Arts, Strathclyde University in Glasgow, Scotland investigated the functional and psychological benefits of a 12-week supervised group exercise program during treatment for early stage breast cancer, with six month follow-up.

In the pragmatic randomized controlled prospective open trial, researchers recruited 203 women from three National Health Service oncology clinics in Scotland and community exercise facilities; 177 of the women completed the six month follow-up.

Participants engaged in a supervised 12-week group exercise program in addition to usual care. The study used a functional assessment of cancer therapy (FACT) questionnaire, Beck depression inventory, positive and negative affect scale, body mass index, seven day recall of physical activity, 12-minute walk test and assessment of shoulder mobility to measure the outcome.

While no significant effect was seen for general quality of life (FACT-G), which was the primary outcome after the initial three months, at the six month follow-up, most of the effects were maintained and an intervention effect for breast cancer specific quality of life emerged. No adverse effects were noted.

Researchers concluded that supervised group exercise provided functional and psychological benefits after a 12-week intervention and six months later.

***“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”***

**Helen Keller**

## Healthy Mind...Clinical Aromatherapy

By Cherie A. Perez BS, RN, CCRP, LMT



Clinical Aromatherapy can help cancer patients with symptom management. By inhaling essential oils, a person can feel relief from nausea, fatigue, headaches and more.

Aromatherapy is the use of plant derived essential oils. These oils change from liquid to vapor (volatile) when exposed to the air. Thousands of pounds of plant product are used to create a few gallons of oil. The whole, or concentrated oil should not be

place directly on your skin without further dilution. The whole oil should be blended or diluted with carriers such as lotion or other oils, like safflower or sunflower. Simple blending is to use a tablespoon of carrier and 1 to 3 drops of essential oil.

Inhalation is the simplest way to enjoy the oil. You might try the Scarlet O'Hara version of application. Place 1 to 5 drops of oil on a handkerchief or tissue and wave it in front of your face. You can also relax in a chair and place the tissue on your chest. The tissue can be laid on a pillow as you fall asleep.

Aromatherapy is a delightful way to adjust your mood. The floral oils are uplifting and can block the blues by gently energizing you. Try Geranium which may calm the mind and decrease irritability. Neroli may release emotional exhaustion. Ylang Ylang can reduce anxiety. Don't forget Lavender, this has a long list of properties, including restful sleep.

Join Cherie Perez second Wednesday of each month to learn about aromatherapy and its beneficial use for cancer patients.

## Place...of wellness Spotlight

### A Day of Renewal – A Special Workshop for Women Breast Cancer Survivors



Treat yourself to a full day designed to strengthen your mind, body and spirit through gentle meditation, aromatherapy, learn about sexuality and cancer, enjoy an uplifting movement class, and foods for healthy living. Re-connect as you discover the beauty and strength of yourself as a woman. \*Refreshments and lunch will be served\* Space is limited and pre-registration is required. Please call 713-794-4700 for more information or to register.

Friday, March 7<sup>th</sup> from 9am to 3:30 pm  
Place...of wellness – Mays Clinic (ACB)

### Acupuncture for Hot Flashes in Breast Cancer Patients

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Acupuncture may help reduce the occurrence of hot flashes in breast cancer patients, a new study suggests.



The practice of acupuncture originated in China 5,000 years ago. Today, acupuncture is widely used throughout the world and is one of the main pillars of Traditional Chinese Medicine (TCM). Acupuncture has become integrated with Western medicine as well, and it is often referred to as medical acupuncture in that context.

Researchers from Memorial Sloan-Kettering Cancer Center in New York City investigated the immediate and long-term effects of true acupuncture versus sham acupuncture on hot flash frequency in women with breast cancer.

In the study, 72 women with breast cancer experiencing three or more hot flashes per day were randomly assigned to receive either true or sham acupuncture. Interventions were given twice weekly for four consecutive weeks. Hot flash frequency was evaluated at baseline, at six weeks and at six months after initiation of treatment. Patients initially randomly assigned to the sham group were crossed over to true acupuncture starting at week seven.

The mean number of hot flashes per day was reduced from 8.7 to 6.2 in the true acupuncture group and from 10.0 to 7.6 in the sham group. True acupuncture was associated with 0.8 fewer hot flashes per day than sham at six weeks, but the difference did not reach statistical significance. When participants in the sham acupuncture group were crossed over to true acupuncture, a further reduction in the frequency of hot flashes was seen. This reduction in hot flash frequency persisted for up to six months after the completion of treatment.

The study authors concluded that hot flash frequency in breast cancer patients was reduced following acupuncture treatment. However, when compared with sham acupuncture, the reduction by the acupuncture regimen as provided in the current study did not reach statistical significance.

For more information, please visit:  
[www.mdanderson.org/departments/CIMER/](http://www.mdanderson.org/departments/CIMER/)

Got a rumble in your tummy and your next meal is far away? Don't give into the brain's desire for junk food or empty calories. Instead, try a balanced snack that will satisfy your craving and reduce the amount of food you'll eat at the meal that follows.

Smart snacks should contain 100 calories or less and contains a bit of protein, fiber, and fat, along with some carbohydrate. Next time you want to reach for something to hold you over until your next meal, try one of these:

- Cut 1 slice of whole-wheat toast into 4 strips for dunking in 1/3 cup of unsweetened applesauce
- Make faux sorbet from 1/2 cup frozen orange juice
- Spoon 1/2 cup of salsa and 2 tablespoons of non-fat sour cream over a small baked potato
- 3 ounces cooked whole-grain noodles with 1 fresh tomato and 1/2 ounce hard cheese
- 3 handfuls of unbuttered popcorn, seasoned with herbs
- Half a small avocado
- 2 large graham cracker squares with 1 teaspoon peanut butter
- 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
- 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
- 4-6 ounces of no-fat or low-fat yogurt
- 6 Wheat Thins crackers with two teaspoons of peanut butter
- An orange and a few dry-roasted nuts
- Dip mixed raw veggies in 1/4 cup fat-free ranch dressing
- Half of one string cheese with 4 whole-wheat crackers
- Half an apple with 2 teaspoons of peanut butter
- A cup of blueberries
- 1/2 mini bagel with 1 ounce smoked salmon
- One hard-boiled egg (only 78 calories)
- 10 dry roasted cashews or 12-15 natural almonds

*As always, please be mindful of any dietary restrictions you may have.*

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



## Events & Activities

### CCOP – Community Clinical Oncology Program Trade Show Event

February 1, 2008 from Noon - 2:30 PM on the 8<sup>th</sup> Floor of CPB

### Integrative Medicine Program Lecture Series

February 21, 2008 - **Evidence-Based Holistic Care: Of Tribulations and Trials**

David Katz, MD,MPH,FACPM,FACP, Associate Professor, adjunct, Public Health Practice; Dir, Prevention Research Ctr Yale University School of Medicine, New Haven, CT

March 20, 2008 - **Prevention of Esophageal and Colon Cancer with Berries: Mechanisms and Clinical Trials**

Gary Stoner, Lucius Wing Endowed Chair and Professor, Division of Hematology/Oncology, Department of Internal Medicine, Ohio State University



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