

### Healthy Body...the benefits of Pilates

Pilates is a mind-body exercise system based on eight basic principles. Designed to strengthen and lengthen the body's muscles without impacting the joints, Pilates improves posture and strengthens the parts of the body that age attacks, including the stomach muscles, inner thighs and upper arms.

Pilates dramatically transforms the way your body looks, feels and performs. It builds strength without excess bulk, creating a sleek, toned body with slender thighs and a flat abdomen. It teaches body awareness, good posture and easy, graceful movement. Pilates improves flexibility, agility and economy of motion. It can even help alleviate back pain for some.

Your emotional health will also benefit from the smooth, steady movements. As you lengthen and strengthen your muscles, you'll improve your circulation and elevate stress and anxiety. Each workout will leave you feeling calm, balanced, and rejuvenated.

If you're out of shape, Pilates provides a wonderful way to ease into any kind of fitness plan. Many of the exercises are performed in reclining or sitting positions, and most are low impact and partially weight bearing. Pilates puts no stress on your joints and no wear and tear on your ligaments and cartilage around your joints, especially your knee and shoulder joints.

It's also convenient. Some of the routines take less than 10 minutes, making Pilates the perfect form of exercise for anyone who finds there's not enough time in the day for exercise.

Place...of wellness offers Pilates each Monday as well as many other movement classes throughout the week. Please call us at 713-794-4700 to sign up for any of our programs. As always when beginning or re-establishing a new exercise program, please consult with your medical care provider.

### For Our Facilitators

#### Volunteers Allowed to Participate

In partnership with Volunteer Services, Place...of wellness invites all volunteers to participate in our programs. This will allow the volunteer to describe Place...of wellness programs from a first-person perspective when interacting with patients and their caregivers.

Our first priority remains with the patients and their caregivers. If a program is at attendance capacity, volunteers are expected to offer their reserved spot to accommodate any additional patients and caregivers.

If you have questions or concerns, please call Alex de Alvarado, Program Coordinator for Mays Clinic (ACB), at 713-563-8867 or call Andrea Warren, Program Coordinator at Main, at 713-563-9688.

### Healthy Mind...using guided imagery

#### Guided Imagery Eases Patients During Procedures

Patients undergoing minimally invasive surgery who focused their minds on a relaxing place needed only half as much medicine for anxiety and pain, compared to patients receiving standard care according to Dr. Elvira Lang.

Dr. Lang, associate professor of radiology at Harvard Medical School, presented results from her study published in the April 2000 issue of *The Lancet*, at the July Integrative Medicine lecture series.

The study looked at 241 patients at Boston's Beth Israel Deaconess Medical Center undergoing minimally invasive surgery like large-core breast biopsy or kidney embolization. In procedures like these, patients are usually sedated but do not get general anesthetic.

Randomly selected patients were given the option to use imagery and relaxation techniques in addition to standard sedation options. The relaxation technique involved a specially trained nurse or team member reading a script telling the patient to close and relax their eyes, take deep breaths, feel a sensation of floating and go to a safe and comfortable place. Patients then created their own pleasant imagined scenario. If the patient experienced pain during the procedure, they could ring a bell.

Almost half of imagery patients requested no conscious sedation, compared with 18% of patients in the control group, Dr. Lang reported. And heart rate, blood pressure and blood oxygen levels remained more stable among the imagery patients, so their surgeries went significantly faster.

Lang defines guided imagery as "a state of absorption, being caught up in your mind. It's like reading a book or watching a movie. You know there are people around you, but you are focused on one thing."

Focus, she says, explains why athletes can compete while injured. "They can keep going because they are caught up in the game. Only after they reach the locker room do they realize how much it hurts."

#### Relaxation CD now as an Mp3

Download the free recording of Debra Sivesend's guided imagery adventure into the garden in MP3 format. Go to [mdanderson.org/department/wellness](http://mdanderson.org/department/wellness) and click on the link on the front page. You can then listen to the audio file using your computer or download it to your MP3 player or iPod.

## Healthy Diet...nutrition consultation

Nutrition plays an important role throughout your cancer treatment, and the Department of Clinical Nutrition is available in the outpatient clinics and inpatient units at M. D. Anderson Cancer Center to help patients with cancer who have nutrition-related questions. A registered dietitian can evaluate and assess your individual nutritional needs, answer questions about nutrition and cancer, and provide education on various aspects of nutrition during and after treatment. Following are some topics that can be discussed with a dietitian:

- Foods to eat during treatment
- Management of treatment-related side effects that affect your eating, such as nausea/vomiting, mouth sores, loss of appetite, diarrhea, or constipation
- Weight loss or weight gain
- Vitamin, mineral, herbal, or other dietary supplements
- Phytochemicals and antioxidants in foods
- Special diets

Below is a list of cookbooks we recommend:

- Eating Well Through Cancer (by Clegg and Miletello)
- The American Cancer Society's Healthy Eating Cookbook
- Betty Crocker's Living With Cancer Cookbook (by Ghosh, Carson and Cohen)
- Month of Meals: Meals in Minutes (by American Diabetes Association and American Dietetic Association)

If you are an outpatient and would like to see a dietitian, please ask your clinic staff to schedule a nutrition consultation. If you are an inpatient and would like to see a dietitian, please ask your nurse to order a nutrition consult. There is no charge for nutrition appointments unless the appointment is in the Cancer Prevention Clinic. If you need to reach the Department of Clinical Nutrition, please call (713) 563-5167.

## New Program....

### Young Breast Cancer Survivor Group

Nearly 28,000 American women under the age of 45 are diagnosed with breast cancer every year. If you are under the age of 45 and are a young breast cancer survivor, come connect and share your experiences with other young breast cancer survivors. It provides clinical support, research and educational resources.



The group meets twice a month at Place...of wellness Mays Clinic (ACB). If you have any questions, please contact the group facilitator, Michelle Jabbie, LCSW at 713-794-1385

## Events & Activities

### Integrative Medicine Program Lecture Series



October 18, 2007 - **Music Therapy for the Cancer Patient**

Michael Richardson, Music Therapist with M.D. Anderson Cancer Center's Integrative Medicine Program

November 29, 2007 - **Antioxidant Supplementation During Chemotherapy: What is the Clinical Data?**

Kara M. Kelly, MD, Associate Professor of Clinical Pediatrics, Division of Pediatric Oncology  
Columbia University Medical Center, New York, NY

Lectures take place at 12:00 – 1:00 p.m. in Hickey Auditorium (R11.1400). Lunch will be 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/)

## Recipe

### Fish Tacos

Serves 4 | Prep time: 45 minutes | Total time: 45 minutes

- ¼ cup reduced-fat sour cream
- 2 tablespoons fresh lime juice
- salt and pepper
- ¼ small red cabbage, thinly shredded (about 2 ½ cups)
- 4 scallions, thinly sliced (about ½ cup)
- 1 jalapeno, halved lengthwise, seeds removed, and one half minced
- 2 tablespoon olive oil
- 1 pound tilapia fillets (or other firm white fish), cut equally into 16 strips
- 8 tortillas
- ½ cup fresh cilantro leaves



In a large bowl, combine sour cream and lime juice; season with salt and pepper. Transfer half the mixture to another container; set aside for serving. Toss cabbage, scallions, and minced jalapeno with remaining sour-cream mixture. Season again with salt and pepper.

In a large nonstick skillet, heat oil and remaining jalapeno half over medium-high heat; swirl to coat bottom of pan. Season fish on both sides with salt and pepper. In two batches (starting with larger pieces), cook fish until golden brown on all sides, 5 to 6 minutes. Discard jalapeno.

Fill warm tortillas with slaw, fish, and fresh cilantro leaves. Drizzle with reserved sour-cream mixture. Serve immediately.

*“I’ve learned that people will forget  
what you said, people will forget  
what you did, but people will never  
forget how you made them feel.”*

Maya Angelou