

Research • Education • Clinical Delivery

Inside Integrative Medicine



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

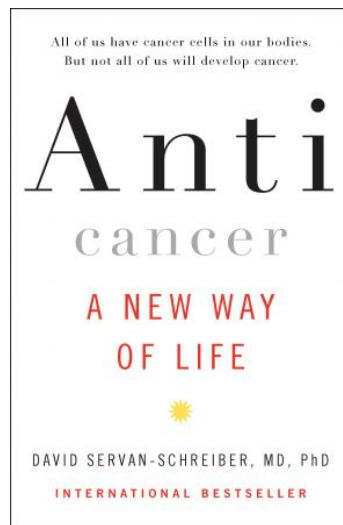
June/July 2009

Lecture by Best-Selling Author

Dr. David Servan-Schreiber

Dr. David Servan-Schreiber, author of the best-selling book, "Anticancer: A New Way of Life", will speak at M. D. Anderson Cancer Center in July. His first presentation is scheduled Tuesday, July 21, 2009, from Noon – 1:00 pm in Hickey Auditorium. The second public event is set for Wednesday, July 22, 2009, from 6:00-7:00 pm at the South Campus Research Building. Advance registration is required for the Wednesday evening talk by contacting the Public Education Office at publiced@mdanderson.org.

Dr. David Servan-Schreiber, a brain cancer survivor and a founding member of Doctors Without Borders, made it his mission to find out what others can do to avoid a similar health diagnosis or to help their bodies battle cancer. After surgery and chemotherapy, he continued living his life as he had before, eating a diet high in sugar and red meat, exercising little, and abandoning an earlier interest in meditation. When the tumor returned a few years later, he used his medical training to investigate how best to prevent cancer. The result was remission—and a bestselling book called "Anticancer: A New Way of Life".



Confronting what medicine knows about the illness and the little-known workings of the body's natural cancer-fighting capabilities, Servan-Schreiber found himself on a fifteen-year journey from disease and relapse into scientific exploration and, finally, to health. Advocating a sea change in the way we understand and

confront cancer, Anticancer is a combination of science, personal experience and an inspiring personal journey.

Join us to hear Dr. David Servan-Schreiber's personal journey at two special lectures at M. D. Anderson as the special guest lecturer of the Integrative Medicine Program. You may purchase a copy of his book at the Appearances shop in the Mays Clinic. Dr. Servan-Schreiber will be available after the Wednesday evening event for a book signing.



Healthy Eating ...

Cutting Calories May Boost Memory

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



In a [recent study](#), older adults who reduced their calorie intake by about 30 percent performed better on memory tests. Some animal studies suggest that low-calorie diets rich in unsaturated-fatty acids, like nuts, avocados and olive oil, may be beneficial for brain function in aging rats. In this latest study, published in the *Proceedings of the National Academy of Sciences*, researchers aimed to determine if these same effects apply to humans.

The authors studied 50 older adults (average age: 60) whose weight ranged from healthy to overweight. The participants were divided into three groups. One group reduced their calorie intake by up to 30 percent. The second group increased their unsaturated fatty acids intake by up to 20 percent, and the third group served as the control and did not change their eating habits.

The researchers tested the participants' memory at the beginning and end of the three-month-long study. They found that verbal memory scores significantly increased an average of 20 percent by the end of the study in the reduced-calorie group. These memory improvements were also associated with decreases in insulin levels and C-reactive protein (a marker of inflammation). No significant changes in memory were reported in the other two groups.

Although these early results are promising, additional well-designed trials are needed to fully understand how a low-calorie diet may affect brain functioning.

For more information about a low-calorie diet, please visit [Natural Standard's Health & Wellness](#) database.

Healthy Recipe ...

Fun Fruit Summer Parfaits

2 8-ounce containers (2 cups) nonfat peach yogurt
1/2 pint fresh raspberries (about 1 1/4 cups)
1 1/2 cups fresh, frozen or canned pineapple chunks



Add a layer of fruit to the bottom and top with yogurt. Repeat layers and garnish with a sprig of mint. You can substitute any flavor of yogurt and use your favorite fruits in season to create a new treat each time.

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.

Place ... of wellness Spotlight

Acupuncture Eases Radiation-Induced Dry Mouth in Cancer Patients

M. D. Anderson research shows improved quality of life and well being after needle-based therapy

M. D. Anderson News Release
04/20/09



Twice weekly acupuncture treatments relieve debilitating symptoms of xerostomia - severe dry mouth - among patients treated with radiation for head and neck cancer, researchers from [The University of Texas M. D. Anderson Cancer Center](#) report in the current online issue of Head & Neck.

Xerostomia develops after the salivary glands have been exposed to repeated doses of therapeutic radiation. People who have cancers of the head and neck typically receive large cumulative doses, rendering the salivary glands incapable of producing adequate saliva, said Mark S. Chambers, M.S., D.M.D., a professor in the Department of Dental Oncology. Saliva substitutes, lozenges and chewing gum bring only temporary relief, and the commonly prescribed medication, pilocarpine, has short-lived benefits and bothersome side effects of its own.

"The quality of life in patients with radiation-induced xerostomia is profoundly impaired," said Chambers, the study's senior author. "Symptoms can include altered taste acuity, dental decay, infections of the tissues of the mouth, and difficulty with speaking, eating and swallowing. Conventional treatments have been less than optimal, providing short-term response at best."

If you have questions or suggestions about programs at Place...of wellness, please contact us at 713-794-4700.

Integrative Medicine Program Lecture Series

June 18, 2009 – **Some Like it Hot! Studies of Thermochemotherapy**

Joan M. C. Bull, MD; Professor of Medicine; Director of Thermal Therapy Research; Division of Oncology - Department of Internal Medicine; The University of Texas Medical School at Houston Houston, TX

July 16, 2009 – **Opportunities and Challenges in Nutrigenomics and Cancer Prevention**

John A. Milner, Ph.D. Chief, Nutritional Science Research Group, Division of Cancer Prevention, National Cancer Institute, National Institutes of Health, Health and Human Services, Rockville, MD

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



THE UNIVERSITY OF TEXAS
MD ANDERSON
CANCER CENTER
Making Cancer History®

Research ... Music Therapy May Improve Vision After Stroke

Reprinted with permission from Natural Standard.com

Music therapy is widely known for its mood-enhancing and stress-reducing effects. Some researchers now speculate that positive emotional responses to music may help restore vision in stroke patients.

More than half of stroke patients develop impaired visual awareness, sometimes called "visual neglect." Individuals are unable to visually process objects on one side of the body because the part of the brain responsible for connecting vision, attention and action is damaged.

In the study, three stroke patients with visual neglect completed tasks while listening to music they liked, listening to music they did not like and in silence.

All participants were able to identify colored shapes and lights in their impaired fields of vision more accurately when they were listening to the music they preferred. One person identified light 65 percent of the time while listening to preferred music compared to just 15 percent of the time under the other two conditions.

In addition, when people listened to music they liked, brain scans showed that areas linked to positive emotional responses were activated. This activation was linked to improved visual performance. The researchers speculate that improved emotional well being may lead to more efficient brain signaling.

However, these preliminary results are limited by the small sample size. Additional research is needed to determine if music therapy is an effective treatment for this condition.



Natural Standard: The Authority on Integrative Medicine. www.naturalstandard.com. Copyright © 2009.

Soto D, Funes MJ, Guzmán-García A, et al. Pleasant music overcomes the loss of awareness in patients with visual neglect. Proc Natl Acad Sci U S A. 2009 Mar 23. [View Abstract](#)

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

Integrative Medicine Program
1515 Holcombe, Unit 145 Houston, TX 77030
mdanderson.org/departments/intmedprogram 713-794-4700