

Research • Education • Clinical Delivery

Inside Integrative Medicine



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

December 2007

Healthy Body...*Exercise and Survival*

Obesity, Weight Loss, and Physical Activity for Cancer Patients

Exercise and a healthy diet can have a significant impact on a woman's risk of developing breast cancer and her chances of survival, reported Dr. Anne McTiernan at the September Integrative Medicine lecture series.

Dr. McTiernan is the Director of the Prevention Center at Fred Hutchinson Center Research Center in Seattle WA. She has also written the book, "Breast Fitness: An Optimal Exercise and Health Plan for Reducing Your Risk of Breast Cancer."



In several studies as well as her own research, Dr. McTiernan discovered a common theme: women with a higher BMI have almost twice the risk of getting breast cancer after menopause as thin women. Overweight women have double the risk compared to healthier women of not surviving for 5 or 10 years after diagnosis.

In the past, patients severe nausea which increased the likelihood that the patient would lose weight and muscle mass. Patients became more sedentary during treatment. However, with the advancements in medications that prevent nausea, patients can now be physically active and eat a balanced diet.



After surgery, exercise helps women recover physically and emotionally. "It becomes important that medical professionals motivate and educate women to fight breast cancer with exercise, nutrition, and other lifestyle changes," said Dr. McTiernan.

Being Active at Place...of wellness

Place...of wellness offers 2 forms of yoga, tai chi, and pilates each week in addition to the many other programs offered to patients, survivors and their caregivers. Our programs are free to anyone touched by cancer regardless of where they received treatment.

We recently started a new educational program called, Exercise 101: A Guide to Starting a Fitness Program. In this fun and fact-filled class, a physical therapist teaches survivors the principles needed to establish and participate in a fitness program. Wear loose clothing and sturdy shoes as part of the class includes demonstration with class participation. Call 713-794-4700 for schedules.

Healthy Mind...*Benefits of MBSR*

Mindfulness-Based Stress Reduction (MBSR)

by Micki Fine, Place...of wellness Facilitator

When facing a serious illness our experience of the world changes significantly. We begin to understand how precious life is and want to hold on to it. We may feel thrown into fear of the future as well. We are challenged with many decisions and struggle for the right answers.

Mindfulness, the intentional cultivation of kind, gentle, present-moment awareness, can help us live our lives one moment at a time, foster deep appreciation and gratitude, and respond to adversity with grace and creativity.

Research on mindfulness shows: reduction in the immediate effects of stress, including chemo-therapy symptoms, and long-lasting, positive changes. Mindfulness training helps people gain self-awareness, reduce anxiety, access and process emotion, reduce reactivity to thoughts and urges, and access internal compassion and intuition.

Mindfulness practice consists of setting time aside to practice mindfulness meditation daily, and the cultivation of present-moment awareness during the day. Please consult the Place...of wellness calendar for details about classes in mindfulness meditation or call 713-794-4700.

Place...of wellness Spotlight

The Benefits of Music Therapy

Music Therapists are board certified professional health care providers. The credential requires a national examination and ongoing education. Music therapy is a clinical and evidence-based use of music interventions to accomplish individualized goals.

Goal areas may include, but are not limited to, motor skills, social/interpersonal development, cognitive development, self-awareness, and spiritual enhancement. Some common practices include developmental work with individuals with special needs, songwriting and listening in orientation work with the elderly, and rhythmic entrainment for physical rehabilitation in stroke victims.



Join Michael Richardson, BA, MT-BC, at Place...of wellness every Wednesday at 1:30 for a one hour expressive arts songwriting class. If you would like to join the Celebration Singers, directed by Richardson, please call him at 713-563-0858.

If you received this newsletter from a friend or colleague and would like to be added to our mail out, please email amwarren@mdanderson.org

A Tibetan Meditation Program

for Breast Cancer Survivors Experiencing Cognitive Impairment

Recently, there has been an increase in reports of impaired cognitive function suggesting that chemotherapy is related to cognitive impairment during and following treatment and the addition of hormone therapy can make the impairment worse. Our new study will examine the acceptability and feasibility of a meditation program in women who have undergone chemotherapy for breast cancer.

Forty six women who have completed chemotherapy for breast cancer and report cognitive deficits since starting chemotherapy will be recruited and assigned to either the meditation-intervention group or the wait-list control group. Participants in the treatment group will receive one mediation class 2x /week for 6 weeks. To provide some insight into the benefits of the program, patients in both groups will be assessed and compared on cognitive function, sleep quality, fatigue, quality of life, mental health, finding meaning, intrusive thoughts, and spirituality. It is our hope to use this study as a basis to further develop interventions to help alleviate cognitive deficits, stress, and other adverse effects that can result from multimodal treatment.

For Place...of wellness Facilitators

Effective Nov. 1, the Palliative Care and Rehabilitation Medicine Center changed its name to Supportive Care Center. Integrative Medicine Program is housed under this umbrella...and Place...of wellness is the clinical delivery component of Integrative Medicine.

The change resulted from feedback that "palliative care" is synonymous with hospice, an incorrect perception resulting in anxiety. The Supportive Care Center's goal is to improve quality of life by preventing or treating symptoms of disease, side effects of treatment, and psychological and social issues resulting from disease or treatment.

Employees in the Supportive Care Center strive to work with primary care teams to begin treating patients' symptoms and side effects earlier in their disease trajectory, rather than limiting supportive services to the last weeks of life. The Supportive Care Center suggests that providers ask themselves whether they'd be surprised if their patient died in the next year. If the answer is no, a supportive care referral should be considered.

If you have any questions or concerns about the program that you facilitate, please call your program coordinator:

Alex de Alvarado at Mays Clinic (ACB) – 713-563-8867
Andrea Warren at Main - 713-563-9688

1-1/2 cup all-purpose flour
1 cup whole wheat flour
2/3 cup sugar
2-1/2 teaspoon baking soda
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground allspice
1-1/2 cup unsweetened applesauce
1 cup molasses
3 large egg whites



Preheat oven to 325 degrees. Coat two 12-cup muffin tins with cooking spray.

Stir dry ingredients (both flours, sugar, baking soda, ginger, cinnamon and allspice) in a large bowl. Add applesauce, molasses and egg whites. Mix until mixture is moist.

Fill each muffin tin 3/4 full. Bake until a toothpick inserted in center comes out clean, approximately 40 minutes.

Serve with simple glaze made of powdered sugar and milk, if desired. For more flavor, add a bit of orange juice to your glaze and garnish with "squiggles" of orange zest.

Recipe makes 24 servings.

As always, please be mindful of any dietary restrictions you may have. Please consult with your medical provider if you have any questions.

"I believe that individuals can make a difference in society. Since periods of change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world."

The Dalai Lama

Events & Activities

Integrative Medicine Program Lecture Series

January 17, 2008 - TBA

Jean Kristeller, PhD, Professor of Psychology, Director, Center for the Study of Health, Religion & Spirituality
Indiana State University, Terre Haute, IN

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

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/

