

# Inside Integrative Medicine

August 2017

See pages 2-3  
for information  
on FREE group classes  
for patients, caregivers,  
and anyone touched  
by cancer.

## Massage Therapy in Cancer Care

By Curtiss Beinhorn, LMT & Sat-Siri Sumler, LMT



### What are the benefits of oncology massage?

Patients report a single 30- or 60-minute massage is beneficial while undergoing active treatment, during recovery and into survivorship. Findings from multiple studies indicate oncology massage is effective in improving a patient's quality of life and providing relief for the following common cancer or treatment-related symptoms:

- Pain
- Anxiety
- Depression
- Fatigue
- Nausea
- Insomnia
- Well-being

### Is oncology massage safe?

Research shows that Oncology Massage is safe during cancer treatment. It is important to find a licensed massage therapist who has had additional training in understanding cancer and associated symptoms, reviewing and understanding medical records and patient health conditions, in addition to necessary massage treatment modifications. Oncology massage therapists review the patient's medical and surgical history, medications, recent blood values, and imaging results to help identify any sites of recent surgery or radiation or increased risk for infection, bleeding / bruising, lymphedema, or fracture. Ongoing research at MD Anderson is examining the effects of massage to treat chemotherapy-induced peripheral neuropathy.

For more information, please refer to page 4 of this newsletter or call **713-794-4700**.

### What is oncology massage?

The American Massage Association currently recognizes 65 different kinds of massage and bodywork. Swedish massage, which is based on the use of massage strokes to promote health and wellbeing, is the most widely practiced massage technique in the United States. Oncology massage is the adaptation of standard massage therapy practice to safely provide personalized massage for people who are experiencing short or long term symptoms from cancer or cancer treatments.

### How does oncology massage differ from standard massage?

Cancer related conditions are considered when adapting standard massage practice for someone with a history of cancer or cancer treatment. Unique concerns vary by individual and can change frequently. To ensure patient safety, massage modifications are made regarding the treatment site, the level of massage pressure, the pace or vigor of the massage technique, the position of the patient during the massage, as well as the duration and frequency of treatments.

# Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

## Physical



### Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



### Shape-Up Circuit\*

A fitness class designed to improve body composition by increasing muscle strength and burning calories. Led by the Integrative Medicine Physical Therapist, this class will follow a "circuit" format, with different exercises at each station. Suitable for any fitness level. Please bring a water bottle.



### Tai Chi

Find balance and strength through continuous flowing movements that link mind to body.



### Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance, and martial arts.

## Mind-Body



### Qigong

Experience this ancient Chinese system of self-care using meditation, breath, and movement.



### Tibetan Meditation\*

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

- **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

- **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

- **Breath & Movement**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



### Yoga for Health

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

## Social

### Cooking for Optimal Health\*

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



### Therapeutic Group Drumming

Socialize with others and express yourself creatively while learning to play a variety of percussive instruments. No experience needed!



### Singing Support Group

Are you a cancer patient or caregiver who enjoys singing? If you are, this choir is for you. Let's get together and celebrate life.



### Meditation and Daily Life\*

Learn meditation in an interactive class format. Each meditation experience includes an exploration of Tea, Art, Writing, or Nature. Themes rotate weekly. Goals include lowering stress and enhancing connectedness with self and surroundings.

#### Activity Level:



= Gentle



= Active



= Very Active

\*Program support provided by the Duncan Family Institute

- Call the Integrative Medicine Center at 713-794-4700 to register.
- All participants must arrive 15 minutes early to check in for group classes.

# August 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>9:30-10:30</b> Tibetan Meditation: Breath and Movement <b>11:00-12:00</b> Get Moving <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi	<b>2</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>2:30-3:30</b> Meditation and Daily Life: Writing	<b>3</b> <b>11:00-12:00</b> Shape-Up Circuit <b>2:00-3:00</b> Therapeutic Group Drumming <b>3:30-4:30</b> Qigong	<b>4</b> <b>11:30-12:30</b> Yoga for Health
<b>7</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Singing Support Group	<b>8</b> <b>9:30-10:30</b> Tibetan Meditation: Power of Breath <b>11:00-12:00</b> Get Moving <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi	<b>9</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>2:30-3:30</b> Meditation and Daily Life: Nature	<b>10</b> <b>11:00-12:00</b> Shape-Up Circuit <b>2:00-3:00</b> Therapeutic Group Drumming <b>3:30-4:30</b> Qigong	<b>11</b> <b>11:30-12:30</b> Yoga for Health
<b>14</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Singing Support Group	<b>15</b> <b>9:30-10:30</b> Tibetan Meditation: Sacred Sounds <b>12:00-1:30</b> Cooking for Optimal Health <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi	<b>16</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>2:30-3:30</b> Meditation and Daily Life: Tea	<b>17</b> <b>11:00-12:00</b> Shape-Up Circuit <b>2:00-3:00</b> Therapeutic Group Drumming <b>3:30-4:30</b> Qigong	<b>18</b> <b>11:30-12:30</b> Yoga for Health
<b>21</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Singing Support Group	<b>22</b> <b>9:30-10:30</b> Tibetan Meditation: Breath and Movement <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi	<b>23</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>2:30-3:30</b> Meditation and Daily Life: Art	<b>24</b> <b>11:00-12:00</b> Shape-Up Circuit <b>2:00-3:00</b> Therapeutic Group Drumming <b>3:30-4:30</b> Qigong	<b>25</b> <b>11:30-12:30</b> Yoga for Health
<b>28</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Singing Support Group	<b>29</b> <b>9:30-10:30</b> Tibetan Meditation: Power of Breath <b>11:00-12:00</b> Get Moving <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi	<b>30</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Yoga for Health <b>2:30-3:30</b> Meditation and Daily Life: Writing	<b>31</b> <b>11:00-12:00</b> Shape-Up Circuit <b>2:00-3:00</b> Therapeutic Group Drumming <b>3:30-4:30</b> Qigong	

**All classes are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005**



# Individual Outpatient Clinical Services

**An MD Anderson physician's order is required before scheduling any of the services listed below.**

For additional details, please:

- Call 713-794-4700
- Visit our website <http://www.mdanderson.org/integrativemedcenter>
- Visit one of our **2 outpatient locations**:
  - **Main Clinic**: R1.2000, a free standing facility east of the Main Building near valet
  - **Mays Clinic**, 2nd floor near elevator T

## Integrative Oncology Consultation

Our physicians and advanced practice providers can give guidance on achieving a comprehensive and integrative approach to your cancer care.

## Exercise/Physical Activity Consultation

Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

## Acupuncture

Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including nausea and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Visits range from \$65 to \$75. An additional \$10 may apply.

## Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of \$70.

## Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression.

## Nutrition Consultation

A registered dietitian provides personalized nutrition counseling and education to help patients manage side effects and reach their goals during and after cancer treatment. Education emphasizes a whole foods, plant-based diet for optimal health.

## Meditation Consultation

Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

## Music Therapy

A board certified music therapist will provide evaluation and techniques that help encourage self-expression, reduce stress and anxiety, improve coping skills, and facilitate socialization. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

For information on our inpatient services, please call 713-794-4700.

# Friends of Integrative Medicine

exists to raise awareness within MD Anderson and the larger Houston community of the important role complementary and integrative medicine can play in cancer prevention and in helping those with cancer live better and longer.

## Become a Member Today

Contact Dr. Alejandro Chaoul at [machaoul@mdanderson.org](mailto:machaoul@mdanderson.org) for membership information.



**The Fountain of Joy, which stands in front of the Integrative Medicine Center, was donated by longtime Friend of Integrative Medicine member and patient Joyce Arrington Smith.**