

Inside Integrative Medicine

December 2020

Integrative
Medicine Virtual
Group Classes
Now Available

Integrative Medicine Center Virtual Group Classes

Integrative Medicine is an approach to health care delivery that balances complementary health approaches and lifestyle medicine with conventional medicine in a deliberate manner that is personalized, evidence-informed, and safe. Complementary health approaches refer to mind and body practices and other systems of care such as traditional Chinese medicine. The Integrative Medicine Center offers a range of free, online, **virtual classes** aimed at supporting our patients and caregivers

Yoga for Health features gentle yoga practices with modifications integrating mind, body, and breath—all within a safe environment for patient and families. The class explores techniques to help with relaxation, including gentle stretching, breathing, yoga postures, meditation, and guided relaxation. The focus on the breath in all aspects of yoga helps to reduce stress, leading to a healthy balance between mind and body. These classes are led by a certified yoga therapist who specializes in cancer care and no previous yoga experience is required.

The **Cooking for Optimal Health** class offers patients and caregivers the opportunity to learn new recipes and tips for preparing whole-food, plant-based meals. This live dietitian led class is interactive, allowing participants to ask questions. The selected recipes are of low to moderate complexity and support health and well-being.

Free online **Tai Chi** and **Qi Gong** classes are now available for patients and caregivers. Both these practices are safe, gentle, fluid, mind-body practices that promote health and well-being. Originating in China, they are often referred

to as “moving meditations”. They are done in a standing position and can be adapted to sitting or lying down. Both practices are easy to learn. Tai Chi tends to be longer and more choreographed while Qi Gong is composed of individual postures that are easier to remember and learn. The gentle, slow, graceful movements synchronized with relaxed, deep, diaphragmatic breathing helps to relax the mind and strengthen the body.

An interactive and supportive music program called **Connect & Reflect with Music** is led by a Board-Certified Music Therapist, using live music engagement and conversation to enhance well-being and encourage connectedness. Participants will listen to music in a mindful way, discuss song lyrics and themes, and engage both mind and body.

Please contact the Integrative Medicine Center at 713-794-4100 to register for any of our free virtual classes. Currently all classes are available using the Zoom platform.



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

Oncology Acupuncture Treatment

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. Treatments range from \$65 to \$75.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

View audio and video resources online:
www.mdanderson.org/integrativemedcenter

Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.

How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

Class Descriptions:

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

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

Yoga for Health- Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music- An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

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 via MyChart/Epic Zoom.

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 food, plant-based diet for optimal health via telephone visit.

Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost: \$50 per session.

December 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Connect & Reflect with Music 1:30-2:30	Yoga for Health 10:30–11:30	Tai Chi 11:00–Noon Connect & Reflect with Music 1:30–2:30	

Sautéed Cinnamon Apples

*Dietitian's Note: This recipe is a great way to satisfy a sweet tooth and gives you the comfort all the comfort of the holiday season without the added sugar. These apples can be used as a snack or dessert or you can add it to oatmeal or a piece of toast.

Preparation Time: 10 minutes
Serves: 1-2

Ingredients:

- 1 seasonal apple
- 1 teaspoon of butter
- ½ - 1 teaspoon of cinnamon
- 1/8 tsp nutmeg
- 1-2 ounce(s) 100% apple juice

Instructions:

1. Remove apple core. Peel and slice apple.
2. In a small saucepan add 1 teaspoon of butter and heat stove to medium heat
3. Once butter has melted, add cinnamon and nutmeg directly to the pan. Do a quick stir to incorporate cinnamon into butter.
4. Add sliced apples.
5. Add apple juice and let cook for 3-5 minutes on medium-low heat. If you have an apple that has a harder grain like granny smith cover the pan with top while cooking.

