Integrative Medicine at MD Anderson: Improving Treatment Outcomes and Achieving Optimal Health and Healing

What is integrative medicine?
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 natural products (e.g., dietary supplements, herbs), mind and body practices (e.g., meditation, yoga, massage, acupuncture) and other systems of care such as traditional Chinese medicine, Ayurvedic medicine, or naturopathy.

What is integrative oncology?
Integrative oncology is the application of integrative medicine to the care of cancer patients and their caregivers. Integrative oncology consultations are available in the inpatient and outpatient setting through the Integrative Medicine Center.

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
A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

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. An additional $10 may apply.

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

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.

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. 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.
# Outpatient Group Clinical Services

## Physical
- **Tai Chi**
  - The Tai Chi class includes soft, continuous, flowing movements that link mind and body.
- **Get Moving**
  - Recharge and energize with uplifting music and a blend of yoga, dance, and martial arts.

## Mind-Body
- **Qigong**
  - Qi Gong is a moving meditation with postures designed to connect breath (Qi) with body movements. Roughly translated, Qi means “air” (breath) and Gong means “work.”
- **Yoga for Health**
  - Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

## Social
- **Connect & Reflect: Group Drumming**
  - Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members with breathing and mindfulness techniques.

## Art Collage Studio
- The Collage Studio offers the chance to play with color, shape and composition while making personalized collages by cutting, tearing, and gluing paper from magazines and other sources into new images.

### Activity Level:
- ▼ = Gentle
- ▲ = Active
- ▲▲▲ = Very Active

*Program support provided by the Duncan Family Institute

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## How to schedule an appointment:
- Call Integrative Medicine Center at 713-794-4700 for more information.
- Arrive 15 minutes early to check in for group classes.
- All classes are free.
- Art Collage Class can walk in anytime during the 1.5 hours.

## February 2020

### Weekly Schedule

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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All classes are for MD Anderson outpatients and their caregivers and are offered at the Medical Center: Mays Clinic location – ACB2.1005 and League City LCC3.1036