

# Inside Integrative Medicine

February 2023

**Integrative  
Medicine Virtual  
Group Classes**

## **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, herbals), 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 Medicine Center (IMC)**

The IMC seeks to enhance the care of patients affected by cancer and their caregivers by providing and advancing comprehensive integrative treatment approaches through compassionate, evidence-informed clinical care, and research. We work collaboratively with oncology care teams with the goal of improving treatment outcomes and achieving optimal health and healing.

The integrative oncology consultation serves as the foundation for developing an integrative care plan that includes complementary health approaches and lifestyle changes.

During the initial visit with the physician and Advanced Practice Provider, each patient is evaluated comprehensively, and referrals are made to our other services according to the individual's physical, mind-body, or social needs. Our interdisciplinary team works together closely to optimize and adapt the integrative care plan to the changing landscape of an individual's cancer journey.

Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches in a manner that is comprehensive, personalized, evidence-informed, and safe in order to achieve optimal health and healing.



**The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.**

## 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](http://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.

## 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 MyChart/Zoom.

## 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.

## February 2023

### 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

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Connect & Reflect with Music 3:30-4:30	Yoga for Health 10:30-11:30	Pranayama/Breathing 10:30-11:30 (2nd Thurs.)	Yoga for Health 10:30-11:30
Healing Through Writing 2:00-3:00 (2nd Mon)	Yoga Nidra 3:30-4:30 (4th Tues)		Connect & Reflect with Music 1:30-2:30	

### Class Descriptions:

**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.

**Yoga Nidra:** This is a guided meditation in the supine position to bring you into a state of deep rest. No prior experience with yoga or meditation is required. The class is held on the 4th Tuesday of every month.

**Healing Through Writing:** Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

**New! Pranayama/Breathing:** The practice of pranayama involves breath regulation through various breathing exercises. No prior experience is required.

## Berry Chia Cooler

This takes less than 10 minutes of active cooking time - after you've let the chia seeds soak for 30 minutes. Easy, breezy, and delicious to boot! The berries bring antioxidants to the table, while the chia seeds deliver some omega-3s

<https://atthetable.mdanderson.org/recipe?id=748>

Time: 40 minutes  
Servings: 12 people  
Calories: 286 kcal

### Ingredients:

- 20 leaves fresh basil
- 1-1/3 cups chia seeds
- 2 tbsp honey
- 10 cups fresh water
- 2 10-ounce bag(s) of mixed berries, frozen

### Instructions:

1. Combine chia seeds with water, stirring thoroughly and breaking up any clumps. Let sit at least 30 minutes to soften the seeds.
2. Combine frozen berries and enough water to mostly fill a standard blender.
3. Pour plumped-up chia seeds into berry mixture. Add any remaining water (to taste).
4. You may blend the entire mixture again if you do not enjoy the texture of chia seeds.
5. Serve as is or over ice if desired. Garnish with 1-2 basil leaves per drink.

Recipe Tip: Try this with a different garnish! Rosemary, mint, thyme - see which combination is your favorite!

