

Inside Integrative Medicine

November 2016

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

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.

Outpatient Group Clinical Services

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

Physical

Mind-Body

Social

Brief Relaxation Massages

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

Get Moving

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

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.

Yoga for Fitness

A beginning/intermediate level yoga class that focuses on moving through postures with breath.

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.

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

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

November 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30-10:30 Tibetan Meditation: Power of Breath 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	2 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life	3 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	4 11:30-12:30 Yoga for Fitness 1:00-5:00 Brief Relaxation Massages
7 8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health 3:00-4:00 Get Moving	8 9:30-10:30 Tibetan Meditation: Sacred Sounds 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	9 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life	10 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	11 11:30-12:30 Yoga for Fitness 1:00-5:00 Brief Relaxation Massages
14 8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health 3:00-4:00 Get Moving	15 9:30-10:30 Tibetan Meditation: Breath & Movement 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	16 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life	17 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	18 11:30-12:30 Yoga for Fitness 1:00-5:00 Brief Relaxation Massages
21 8:00-12:00 Brief Relaxation Massages 12:00-1:00 Cooking for Optimal Health 12:15-1:15 Yoga for Health 3:00-4:00 Get Moving	22 9:30-10:30 Tibetan Meditation: Power of Breath 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	23 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health	24 THANKSGIVING HOLIDAY	25 THANKSGIVING HOLIDAY
28 8:00-12:00 Brief Relaxation Massages 12:15-1:15 Yoga for Health 3:00-4:00 Get Moving	29 9:30-10:30 Tibetan Meditation: Sacred Sounds 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi 5:00-6:30 Singing Support Group	30 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life		

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. Initial visit fee will range from \$85 to \$100. Follow-up visits range from \$45 to \$80.

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.

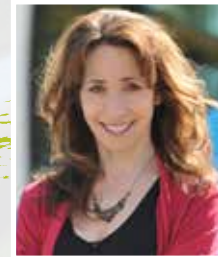
Music Therapy

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
proudly presents

Flourishing as we Age: A View from Our Telomeres



SPEAKER:

ELISSA EPEL, PH.D.

Professor, Department of Psychiatry
University of California, San Francisco

Director of the Aging,
Metabolism, and Emotions Lab
San Francisco, CA

FREE!

donations accepted
at registration

DATE:

Tuesday Nov. 15

REGISTRATION:

6–6:30 p.m.

TALK:

6:30–7:30 p.m.

LOCATION:

South Campus Research Building 2,
Conference Rooms 5-6,
7435 Fannin Street, Houston, TX 77054



RSVP:

SAMonroe@mdanderson.org