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.

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.

Health Psychology During and After Cancer Care
Catherine Powers-James, PhD and David Zuniga, PhD

Psychosocial Issues
Cancer is not just a physical disease, but a disease that affects many, if not all, aspects of a person’s life. Moreover, cancer treatment (e.g., chemotherapy and radiation therapy) can cause or increase psychological issues. Psychosocial issues often associated with a cancer diagnosis include:

- Lifestyle change: Weight gain, problems with nutrition, lack of physical activity, financial concerns, fatigue, and impaired sleep
- Emotional Distress: Depression/sadness/anxiety
- Fear of recurrence
- Communication and other problems with family members

Psychology/Mental Health Support
Psychology services can help patients manage anxiety, depression, and stress. The Institute of Medicine recognizes the importance of addressing psychosocial needs stating that it is “not possible to deliver good-quality cancer care without using existing approaches, tools, and resources to address patients’ psychosocial health needs.” Due to recognizing this importance, the Commission on Cancer of the American College of Surgeons now requires routine screenings for psychological distress. Talk therapy can lessen negative emotions, increase well-being, increase quality of life, improve sleep, facilitate positive growth, and decrease stress hormones and immune system dysregulation. Patients who undergo therapy may notice health benefits as well as perhaps increase survival.

Health Psychology
Health psychologists, also referred as medical psychologists, are a type of psychologist that focus on how patient’s mental, emotional, and social factors affect their physical well-being. This field takes a biopsychosocial perspective looking at how the mind, body, and person’s environment are related. Often times, a patient can work to improve their mental health, thus improving their physical health by making lifestyle changes. Health psychologists help patients, survivors, and families understand and transform the unique challenges that a cancer illness can present through education and activities drawing upon the integration of current psychological research with biomedical information. Health psychology services may also benefit people wanting to improve lifestyle changes, such as maintain a healthy weight and improving diet and exercise.

Health Psychology Approaches:
Some treatments a health psychologist at the Integrative Medicine Center can provide include:

- Cognitive Behavioral Therapy (CBT): Teaches patients to evaluate their thinking patterns in hopes of improving their behaviors and emotions.
- Motivational Interviewing: Helpful when patients want to work on behavioral change, such as improving their diet or physical activity, or making important decisions in their life.
- Acceptance and Commitment Therapy (ACT): Allows patients to notice and become aware of their experiences, while using acceptance and mindfulness strategies to increase psychological flexibility.
- Interpersonal Therapy: Helps patients improve their relationships.
- Mindfulness-based treatment: Teaches patients to non-judgmentally focus their attention on their present experience, which can help with increasing qualities like acceptance, gratitude, and wellbeing.

For more information on scheduling a consultation, please refer to page 4 of this newsletter or call 713-794-4700.
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.

- **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.

---

*Program support provided by the Duncan Family Institute

View audio and video resources online: www.mdanderson.org/integrativemedcenter
• Call the Integrative Medicine Center at 713-794-4700 to register.
• All participants must arrive 15 minutes early to check in for group classes.

### September 2017

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td>1</td>
</tr>
</tbody>
</table>
| 8:00-12:00  Brief Relaxation Massages  
2:00-3:00  Yoga for Health  | 9:30-10:30  Tibetan Meditation: Sacred Sounds  
11:00-12:00  Get Moving  
2:00-3:00  Yoga for Health  
3:30-4:30  Tai Chi  | 8:00-5:00  Brief Relaxation Massages  
10:30-11:30  Yoga for Health  
2:30-3:30  Meditation and Daily Life: Nature  | 11:00-12:00  Shape-Up Circuit  
3:30-4:30  Qigong  | 11:30-12:30  Yoga for Health  |
| 5      |         |           |          | 8      |
| 11:30-12:30  Yoga for Health  |         |           |          |        |
| 11      |         |           |          | 12     |
| 8:00-12:00  Brief Relaxation Massages  
2:00-3:00  Yoga for Health  | 9:30-10:30  Tibetan Meditation: Breath and Movement  
11:00-12:00  Get Moving  
2:00-3:00  Yoga for Health  
3:30-4:30  Tai Chi  | 10:00-5:00  Brief Relaxation Massages  
10:30-11:30  Yoga for Health  
2:30-3:30  Meditation and Daily Life: Tea  | 11:00-12:00  Shape-Up Circuit  
3:30-4:30  Qigong  | 11:30-12:30  Yoga for Health  |
| 13     |         |           |          | 15     |
| 12:00-1:30  Cooking for Optimal Health  
2:00-3:00  Yoga for Health  |         |           |          |        |
| 18      |         |           |          | 16     |
| 8:00-12:00  Brief Relaxation Massages  
2:00-3:00  Yoga for Health  | 9:30-10:30  Tibetan Meditation: Power of Breath  
11:00-12:00  Get Moving  
12:00-1:30  Cooking for Optimal Health  
2:00-3:00  Yoga for Health  | 8:00-5:00  Brief Relaxation Massages  
10:30-11:30  Yoga for Health  
2:30-3:30  Meditation and Daily Life: Art  | 11:00-12:00  Shape-Up Circuit  | 11:30-12:30  Yoga for Health  |
| 19      |         |           |          | 22     |
|         | 8:00-12:00  Brief Relaxation Massages  
2:00-3:00  Yoga for Health  | 8:00-5:00  Brief Relaxation Massages  
10:30-11:30  Yoga for Health  
2:30-3:30  Meditation and Daily Life: Writing  |         |        |
| 25      | 26      | 27        | 28       | 29     |
| 8:00-12:00  Brief Relaxation Massages  
2:00-3:00  Yoga for Health  | 9:30-10:30  Tibetan Meditation: Sacred Sounds  
11:00-12:00  Get Moving  
2:00-3:00  Yoga for Health  
3:30-4:30  Tai Chi  | 8:00-5:00  Brief Relaxation Massages  
10:30-11:30  Yoga for Health  
2:30-3:30  Meditation and Daily Life: Writing  | 11:00-12:00  Shape-Up Circuit  
3:30-4:30  Qigong  | 11:30-12:30  Yoga for Health  |

All classes are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005
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. 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. The initial treatment is $70 and follow up treatments are $40.

**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.

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