

# Inside Integrative Medicine

September 2019

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.

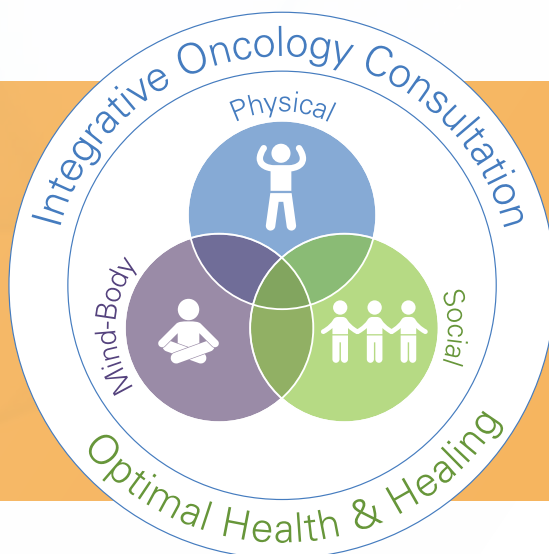
### What is integrative oncology?

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



### 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

The Tai Chi class includes soft, continuous, flowing movements that link mind and body. Tai Chi practice may provide health benefits including improvements in fitness, well-being, and sleep quality.



### Get Moving

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

#### Activity Level:

 = Gentle  = Active  = Very Active

\*Program support provided by the Duncan Family Institute

## 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." Qi Gong may promote health, contributing to improvements in well-being, stress, and sleep quality.



### 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 whole food, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



### Connect & Reflect: Group Drumming

First-time drummers and experienced drummers: all are welcome! This group is led by a Board Certified Music Therapist and offers a guided, non-judgmental group drumming experience. Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members. Each class includes breathing and mindfulness techniques as well as an opportunity for reflection.



### Art Collage Studio

The Collage Studio offers the chance to play with color, shape and composition while making personalized collages. In the Collage Studio, we will be cutting, tearing, and gluing paper from magazines and other sources into new images. Chance and surprise are the key ingredients when making collages. No experience necessary. All materials are provided. Everyone is welcome!.

## Staff Spotlight



### Jillian Conrad

*Artist, Integrative Medicine Center*

Jillian Conrad is an artist and Associate Professor in Sculpture at the University of Houston. Jillian received a Bachelor of Science from St. John's College, New Mexico and a Master of Fine Arts from Rhode Island School of Design, Rhode Island. Recent awards include the Artadia Artist's Award (New York, NY), and the Houston Arts Alliance Individual Artist Grant (Houston, TX). She has participated in numerous artist residencies, including Lower Manhattan Cultural Council (NY, NY) Headlands Center for the Arts (Sausalito, CA), the Core Program at the Museum of Fine Arts Houston (Houston, TX). Her recent exhibitions include *Exact Nature*, Devin Borden Gallery (Houston, TX), *Sites and Settlements*, Behal Fejer Institute, (Prague, Czech Republic), and *Vista* at Socrates Sculpture Park (New York, NY). Jillian's work has been discussed in numerous publications including *ArtForum* and the New York Times.

## 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.

# September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>LABOR DAY</b></p>	<p><b>3</b></p> <p><b>11:00-12:00</b> Get Moving <b>3:30-4:30</b> Tai-Chi</p>	<p><b>4</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Connect &amp; Reflect: Group Drumming</p>	<p><b>5</b></p> <p><b>10:30-11:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong</p>	<p><b>6</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>1:00-2:30</b> Art Studio-Collage</p>
<p><b>9</b></p> <p><b>10:30-11:30</b> Connect &amp; Reflect: Group Drumming <b>2:30-3:30</b> Yoga for Health</p>	<p><b>10</b></p> <p><b>11:00-12:00</b> Get Moving <b>3:30-4:30</b> Tai-Chi</p>	<p><b>11</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Connect &amp; Reflect: Group Drumming</p>	<p><b>12</b></p> <p><b>10:30-11:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong</p>	<p><b>13</b></p> <p><b>10:30-11:30</b> Yoga for Health</p>
<p><b>16</b></p> <p><b>10:30-11:30</b> Connect &amp; Reflect: Group Drumming <b>2:30-3:30</b> Yoga for Health</p>	<p><b>17</b></p> <p><b>11:00-12:00</b> Get Moving <b>3:30-4:30</b> Tai-Chi</p>	<p><b>18</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Connect &amp; Reflect: Group Drumming</p>	<p><b>19</b></p> <p><b>10:30-11:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong</p>	<p><b>20</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>1:00-2:30</b> Art Studio-Collage</p>
<p><b>23</b></p> <p><b>10:30-11:30</b> Connect &amp; Reflect: Group Drumming <b>2:30-3:30</b> Yoga for Health</p>	<p><b>24</b></p> <p><b>11:00-12:00</b> Get Moving <b>3:30-4:30</b> Tai-Chi</p>	<p><b>25</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Connect &amp; Reflect: Group Drumming</p>	<p><b>26</b></p> <p><b>10:30-11:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong</p>	<p><b>27</b></p> <p><b>10:30-11:30</b> Yoga for Health</p>
<p><b>30</b></p> <p><b>10:30-11:30</b> Connect &amp; Reflect: Group Drumming <b>2:30-3:30</b> Yoga for Health</p>				

**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. 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.

## 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.



Physical - Mind-Body -

## Integrative Medicine Program Lecture Series

### Integrative Medicine in Cancer Care: Bridging Research and Clinical Practice

**Tuesday, Sept. 17 @ 12 p.m.**

Pickens Tower, Floor 2, Lobby Elevator  
Training Room B (FCT2.4142 Room B)



**Lorenzo Cohen, Ph.D.**  
Professor and Director,  
Integrative Medicine Program,  
Palliative, Rehabilitation, and Integrative Medicine  
Division of Cancer Medicine,  
The University of Texas MD Anderson Cancer Center



**Gabriel Lopez, M.D.**  
Center Medical Director  
Assistant Professor,  
Palliative, Rehabilitation, and Integrative Medicine  
Division of Cancer Medicine,  
The University of Texas MD Anderson Cancer Center

The lecture is kindly underwritten by the Friends of Integrative Medicine.

The Lecture Series hosts expert speakers from around the world to present state-of-the-art research and clinical programs in the area of integrative medicine. Topics deal with evidence-based research on complementary cancer treatments and therapies.

Lectures are held on the third Tuesday of every month and are designed for healthcare professionals within and outside of the institution.

The Lecture Series is kindly underwritten by the Friends of Integrative Medicine.

**Please inquire about CME credits and Certificates of Attendance at the registration table. Lunch will be provided for the first 50 participants.**

University of Texas MD Anderson Cancer Center is an approved provider with commensurate of continuing medical education by the Texas Nurses Association - Approval, an accredited approver with distinction, by the American Nurses Credentialing Center's Commission on Accreditation

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