

Inside Integrative Medicine

June 2023

**Integrative
Medicine
Virtual Group
Classes**

The Integrative Medicine Center Welcomes our New Dietitian

By Gabriel Lopez, MD, Lorenzo Cohen, PhD and Farah Momin

Our Integrative Medicine Center continues to grow. We would like to welcome Michelle Wo, RD to the team. This month she will begin working with patients, caregivers and their family either as part of one-on-one consultations or as part of our group lifestyle management programs.

Nutritional health goals she can help with include how to:

- Achieve and maintain a healthy body weight
- Create strategies to develop eating plans that are reasonable and sustainable
- Identify food sources of healthy nutrients and how to incorporate them into your everyday diet
- Develop techniques to improve awareness of what you eat
- Work with your family to help you reach your nutritional goals

Maintaining a healthy diet and body weight is important both during and after treatment. During treatment, a healthy diet supplies the body with fuel and nutrients for repair and healing. After treatment, eating a balanced diet can help reduce future cancer risk and maintain overall health.

A large proportion of cancer cases in the United States are preventable. It is estimated that one-third of some of the most common cancers and one-quarter of cancers overall are preventable through healthy dietary patterns and exercise. Additionally, one-third of cancer deaths are related to obesity and overweight, poor nutrition, and physical inactivity.

Research shows that a healthful diet rich in a variety of vegetables, fruits, whole grains and beans/ legumes, low in red and processed meat, and an overall low glycemic load reduces cancer risk and is associated with improved outcomes for those with cancer.

Even if you already eat a healthy diet, it may be helpful to meet with a dietitian to talk about your current eating habits. Sometimes improvements or certain changes can be made to optimize your health and better quality of life.

The integrative medicine center follows the American Institute for Cancer Research and the World Cancer Research Fund (AICR/WCRF) recommendations for cancer prevention.

Introducing Michelle Wo, MS, RD

Michelle Wo is a registered dietitian and certified diabetes care and education specialist with a focus in plant-based nutrition. She received her nutrition degree from the University of Houston and her master's degree in Exercise and Sports Nutrition with dietetic training from Texas Woman's University Denton and Southern University A&M Baton Rouge.

She has worked with a variety of patients and provided nutrition education for short and long-term nutrition needs in the healthcare setting on prevention of cardiovascular, renal, diabetes, organ transplant, and cancer for the last 5 years.

Michelle's mission is to help others find healing and vitality by improving their relationship with food, doing away with diet culture, and learning how to eat whole foods in abundance.



To discuss nutrition as part of an integrative approach to your care, have your MD Anderson provider submit an online consultation request for an Integrative Medicine Physician Consultation.

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. Cost: \$80 per treatment.

Oncology Massage Treatment

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

***Prices for IMC services may be subject to change depending on insurance coverage.

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/EpicZoom.

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.

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.

View audio and video resources online:

www.mdanderson.org/integrativemedcenter

How to Register for our Virtual Group Classes:

1. Call Integrative Medicine Center at 832-750-3685.
2. All classes are free.
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to the scheduled class.

June 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Yoga Nidra 3:30-4:30 2nd Tues.	Yoga for Health 10:30-11:30	Pranayama/Breathing 10:30-11:30 1st Thurs.	Yoga for Health 10:30-11:30
Healing Through Writing 2:00-3:00 2nd Mon.	5:00-6:00 4th Tues.		3:00-3:30 3rd Thurs.	

Group Class Descriptions:

Yoga for Health: Features a gentle form of yoga, including stretching, breathing, relaxation, and meditation techniques.

Yoga Nidra: This is a guided meditation in the supine position to bring you into a state of deep rest.

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

Pranayama/Breathing: The practice of pranayama involves breath regulation through various breathing exercises.

Vegan Pasta Primavera with Creamy Garlic Cashew Sauce

Total Time: 2 hours 20 minutes

Servings: 4

Website: <https://www.ambitiouskitchen.com/vegan-pasta-primavera/>

Ingredients:

- 12 ounces penne pasta (or sub any kind of pasta you'd like, including gluten free)
- 2 tablespoons olive oil
- 1/2 medium red onion, sliced lengthwise
- 1 large carrot, peeled and cut into matchsticks
- 1 medium red bell pepper, cut into thin strips
- 2 cups small broccoli florets
- 1 ½ cups cherry tomatoes, halved
- 2 medium zucchini, sliced and quartered OR cut into thin strips
- 1/2 teaspoon italian seasoning

For the sauce:

- ¾ cup raw cashews
- ½ cup water
- 2 tablespoons fresh lemon juice
- 2 cloves garlic
- 1 teaspoon salt
- 1/4 teaspoon onion powder
- Freshly ground black pepper

For serving:

- Red pepper flakes
- Extra salt and black pepper, if desired
- Garlic costini/garlic bread

Instructions:

1. First make your sauce: soak the cashews in 2 cups of warm water for at least 2 hours; otherwise I've found that you can easily speed up the process by adding the raw cashews to a pot with water and placing over high heat. Bring water to a boil, then immediately turn off the heat; let the cashews sit for about 30 minutes in the hot water, then drain.
2. Once the cashews have finished soaking you'll be ready to make the sauce: add drained cashews, ½ cup fresh water, fresh lemon juice, garlic, salt, onion powder and black pepper to a blender. Blend on high until sauce comes together. If you want a bit of a thinner sauce, add 1-2 tablespoons more water. Set aside until ready to use.
3. Next, cook your pasta until al dente, according to the directions on the package.
4. While your pasta boils, you can cook your vegetables. Add olive oil to a large pot and place over medium heat. Once oil is hot, add the onion, carrot, red bell pepper and broccoli; saute for 3-4 minutes, stirring occasionally. Next add in the zucchini and cook for 2 minutes, or until all the veggies are tender, but still have a little crisp to them. Finally stir in the tomatoes and italian seasoning and cook for 1 minute more.
5. Finally, add cooked pasta and cashew sauce to the pot with the veggies and stir to combine. Serve with red pepper flakes, if desired.

