

# Inside Integrative Medicine

March 2020

See back for information on FREE group classes for MD Anderson patients and caregivers.

Now offering acupuncture, Qigong, & Tai Chi at MD Anderson League City

## A Plant-Centered Approach to Optimizing Nutrition During and After Cancer Care

By *Karla Crawford, MS, RD, LD & Sue Thompson, MS, RD*

### Why is nutrition important during or after cancer treatment?

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 for a 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. Our services can help you manage weight and change your diet in a healthy way. A consult may help you:

- 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



*March is National Nutrition Month*

### 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

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

### 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. 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.

### 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. Treatments are \$50

### 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.

View audio and video resources online:  
[www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

# Outpatient Group Clinical Services

## Physical



### Tai Chi

The Tai Chi class includes soft, continuous, flowing movements that link mind and body.



### Get Moving

Recharge and energize with up-lifting music and a blend of yoga, dance, and martial arts.

#### Activity Level:



= Gentle



= Active



= Very

## 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."



### Yoga for Health\*

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

## Social



### Connect & Reflect: Group Drumming\*

Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members with breathing and mindfulness techniques.

### Art Collage Studio

The Collage Studio offers the chance to play with color, shape and composition while making personalized collages by cutting, tearing, and gluing paper from magazines and other sources into new images.



\*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.
- All classes are free and available for MD Anderson outpatients and caregivers.
- Art Collage Class can walk in anytime during the 1.5 hours.

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# March 2020

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>2</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>3</b></p> <p><b>11:00-12:00</b> Get Moving</p>	<p><b>4</b></p> <p><b>8:00-11:30</b> Brief Relaxation Massage <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> Yoga for Health</p>	<p><b>6</b></p> <p><b>8:00-11:30</b> Brief Relaxation Massage <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</p>	<p><b>11</b> <b>8:00-11:30</b> Brief Relaxation Massage <b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Connect &amp; Reflect: Group Drumming <b>2:30-3:30</b> Qigong-League City <b>2:30-3:30</b> Tai Chi-League City</p>	<p><b>12</b></p> <p><b>10:30-11:30</b> Yoga for Health</p>	<p><b>13</b></p> <p><b>8:00-11:30</b> Brief Relaxation Massage</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</p>	<p><b>18</b> <b>8:00-11:30</b> Brief Relaxation Massage <b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Connect &amp; Reflect: Group Drumming <b>2:30-3:30</b> Qigong-League City <b>2:30-3:30</b> Tai Chi-League City</p>	<p><b>19</b></p> <p><b>10:30-11:30</b> Yoga for Health</p>	<p><b>20</b></p> <p><b>8:00-11:30</b> Brief Relaxation Massage <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- TMC MD Anderson</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 <b>2:30-3:30</b> Qigong-League City <b>2:30-3:30</b> Tai Chi-League City</p>	<p><b>26</b></p> <p><b>10:30-11:30</b> Yoga for Health <b>3:30-4:30</b> Qigong- TMC MD Anderson</p>	<p><b>27</b></p> <p><b>8:00-11:30</b> Brief Relaxation Massage</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>	<p><b>31</b></p> <p><b>11:00-12:00</b> Get Moving <b>3:30-4:30</b> Tai Chi- TMC MD Anderson</p>	<p><b>TMC Campus</b> <b>League City Campus</b></p>		

Texas Medical Center Classes are offered at Mays Clinic ACB 2.1005. League City classes at LCC3.1036