

# Inside Integrative Medicine

March 2023

**Integrative  
Medicine  
Virtual Group  
Classes**

## **Healthy Lifestyle Programs: Integrative Medicine Center**

by Catherine Powers, PhD

Proper nutrition, physical activity, and stress management help you improve all aspects of your quality of life during and after treatment. Lifestyle changes may also improve how well those treatments work. Healthy behaviors can lower the risk of recurrence for some cancers and may help also prevent future cancers.

The Integrative Medicine Center offers two Zoom-based programs to guide cancer survivors to healthy lifestyle changes. Talk with your Integrative Medicine team about which option might work best for you. Both programs are billed to your insurance, but coverage must be pre-approved. The lifestyle team includes health psychologists, a physical therapist, and a registered dietitian. All are trained to work with lifestyle changes and weight loss for cancer survivors.

### **IM Fit**

The IM Fit program is designed for cancer survivors who want to change their health behaviors and create sustainable changes in their lives. This program promotes gradual lifestyle changes to improve overall health and well-being. You will receive evaluations and educational sessions with each member (psychologist, dietitian, and physical therapist) of the team. There are also 12 weekly group sessions, which include nutrition education and cooking classes, exercise instruction and practice, skill building, and behavior change strategies and support. You will benefit from giving and receiving support from other group members. After the 12 sessions, the group meets each month, with the health psychologist, to help maintain lifestyle changes.

### **IM Healthy**

The IM Healthy program has weekly meetings led on a rotating schedule by a health psychologist, a dietitian, and a physical therapist to help you change your behaviors for better health. This group may also be helpful for anyone interested in lifestyle changes in the area of diet, physical activity, and stress management, but are not able to attend the more intense group class. This group allows you to connect with other cancer survivors who are interested in improving their health. Connecting with others can be a strong motivator and great support system to change your behaviors. Each session has a specific topic, driven by group discussion. Topics may include how to set goals for behavior change, mindfulness training, how to get past barriers to behavior change, how certain foods affect your health, healthy recipes, stress management skills, among many others!



**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.**

## 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. Treatments range from \$65 & \$75

## 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 via MyChart/Epic Zoom.

## 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.

## 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.

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

View audio and video resources online:

[www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

## How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700.
2. All classes are free.
3. Complete e-update \*liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class.

March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga for Health</b> 10:30-11:30	<b>Connect &amp; Reflect with Music</b> 1:30-2:30	<b>Yoga for Health</b> 10:30-11:30	<b>Pranayama/Breathing</b> 10:30-11:30 (2nd Thurs.)	<b>Yoga for Health</b> 10:30-11:30
<b>Healing Through Writing</b> 2:00-3:00 (2nd Mon.)	<b>Yoga Nidra</b> 3:30-4:30 (4th Tues.)		<b>Connect &amp; Reflect with Music</b> 1:30-2:30	

## Class Descriptions:

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

**Connect & Reflect with Music:** An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

**Yoga Nidra:** This is a guided meditation in the supine position to bring you into a state of deep rest. No prior experience with yoga or meditation is required. The class is held on the 4th Tuesday of every month.

**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. No prior experience is required.

## Veggie Spring Rolls

Total Time: 20 minutes

Servings: 4 people

Website: <https://atthetable.mdanderson.org/recipe?id=533>

## Instructions:

## Ingredients:

- 1 - bell pepper, any color
  - 1 - cup carrots, thinly sliced or grated
  - 1 - mango, cubed
  - 1 - bunch fresh mint
  - 1 - cucumber
  - 1/3 - cup natural peanut butter
  - 1 - tbsp soy sauce
  - 1 - tbsp maple syrup
  - 1/2 - lime, juice only
  - 1 - tbsp chili paste (optional)
  - 1/2 - tsp fresh ginger, grated (optional)
  - 4 - tbsp hot water (for thinning)
  - 8 - Spring roll wrapper
1. Thin slice cucumber, bell pepper and carrot. Chop mint leaves and cube mango.
  2. Soak spring roll skin in hot water for about 30 seconds or until soft. Splash a little water on your work surface to prevent sticking.
  3. Fill center of spring roll with veggies and fold over lengthwise.
  4. Fold in short edges and roll tightly.
  5. Keep to the side, cover with damp paper towel to keep fresh.
  6. Make the sauce by combining peanut butter, maple syrup, soy sauce, lime juice, chili paste and ginger. Add hot water 1 tbsp at a time until desired consistency is reached (you may need to add up to 1/2 a cup of water depending on your peanut butter).
  7. Serve spring rolls with peanut sauce for dipping.

