We are Moving! New Life Science Plaza location

The Integrative Medicine Center (IMC) is moving on Monday, May 8, 2023 down the street to the Life Science Plaza (LSP) Building, Floor 7, 2130 W. Holcombe Blvd. Several other MDA outpatient services are expanding to LSP, Floors 6-7, to provide more availability to patients.

Paid parking (rates vary) is available in the covered parking garage attached to the building. The minimum rate is $3.

You may call 713-792-2338 to request a shuttle from another building at the Texas Medical Center Campus. Shuttle hours are Monday through Friday, 8 am - 5 pm.

We look forward to serving you in our new space!

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.

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. **Price will increase to $80 starting June 1st.**

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/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.

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.

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**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.

**May 2023**

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<th>Monday</th>
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<td>Healing Through Writing 2:00–3:00 2nd Mon.</td>
<td>5:00–6:00 4th Tues.</td>
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<td>3:00–3:30 3rd Thurs.</td>
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**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.

**Mixed Up Garden Salad**

*Total Time: 10 minutes  
*Servings: 4  
*Website: https://atthetable.mdanderson.org/recipe?id=168

Try this quick, vegetable-heavy garden salad.

**Ingredients:**
- 1/2 cups carrots, shredded
- 1/2 cup cucumber, sliced
- 1/2 cup tomatoes, chopped
- 3/4 cup lettuce, chopped
- 1/4 cup cabbage, shredded (or buy pre-packaged coleslaw mix)
- 1/2 cup honey mustard salad dressing (or your favorite)

**Instructions:**
1. Mix all vegetables together well.
2. Add dressing and serve.