

# Inside Integrative Medicine

October 2023

**Integrative  
Medicine  
Virtual Group  
Classes**

## Acupuncture and Cancer Care

### What is Acupuncture?

Acupuncture has been practiced in China and other Asian countries for thousands of years. Acupuncture is a safe, minimally invasive, evidence-based medical treatment. The use of acupuncture as an adjunctive therapy to treat side effects of cancer care has significantly increased in recent years and is now offered within many hospitals, including the MD Anderson Cancer Center.

### What are the Potential Benefits of Acupuncture?

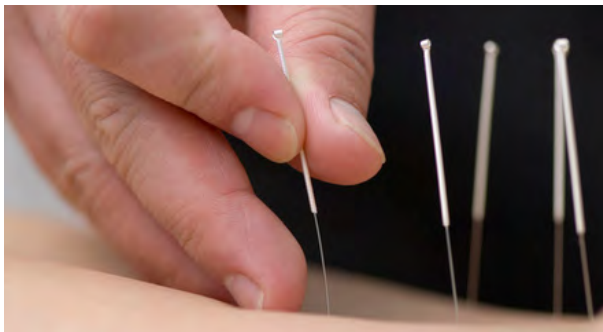
Acupuncture does not treat cancer, rather, it can be safely used as a complementary therapy alongside conventional care to help provide relief from cancer and cancer treatment related symptoms.

### Acupuncture can help with:

- Cancer and cancer treatment related pain management
- Chemotherapy induced and post-operative nausea & vomiting
- Fatigue
- Constipation/Post-operative ileus
- Hot flashes/ Night sweats
- Xerostomia (Dry mouth)
- Chemotherapy Induced Peripheral Neuropathy
- Other symptoms

### Who provides treatment?

Acupuncture treatments should only be provided by a qualified, state licensed acupuncturist. In Texas, acupuncturists are required to sit for national board exams given by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). The NCCAOM requires that each acupuncturist complete a minimum four year graduate level program from an accredited acupuncture school. The NCCAOM requires that all acupuncturists complete continuing education in the subjects listed above to re-certify.



### What to expect during an acupuncture treatment?

During an acupuncture treatment, very thin stainless-steel needles are inserted into specific acupuncture points on the body and left in place for 20-30 minutes. The needle's effects may be modified as needed with manual or electrical stimulation and/or heat. The length and frequency of acupuncture treatments may vary according to the condition being treated, with chronic conditions requiring a longer treatment plan. Typically, two treatments weekly for 3-4 weeks are initially recommended, but treatment plans can vary according to the issue being addressed. Treatments may then decrease in frequency as the treatment plan progresses and desired results are achieved. The initial acupuncture consultation and treatment takes approximately one hour. Follow up sessions take approximately 30-45 minutes. Consider wearing loose comfortable clothing and avoid having a large meal, alcohol, and coffee just before an appointment, a light healthy snack is best

### Is Acupuncture safe during cancer treatment?

Acupuncture is a safe and effective treatment. Side effects may include bleeding, bruising, and pain, although most patients report very little discomfort. More commonly, patients report feeling a sensation of heaviness, warmth and /or tingling at the needle insertion site. Less common side effects may include fainting and temporary numbness at the acupuncture site. Patient's lab results are reviewed before each treatment to check for risk of bleeding or infection.

### Summary

Acupuncture is an effective adjunctive therapy to help manage symptoms related to cancer and treatment. Acupuncture can be safely and effectively used as a part of an integrative approach to cancer care.

For additional information regarding the efficacy and application of acupuncture visit the following websites:

**National Certification Commission for Acupuncture and Oriental Medicine** [www.nccaom.org](http://www.nccaom.org)

**National Cancer Institute**  
[www.cancer.gov/about-cancer/treatment/cam/hp/acupuncture-pdq](http://www.cancer.gov/about-cancer/treatment/cam/hp/acupuncture-pdq)

**National Center for Complementary and Integrative Health**  
[www.nccih.nih.gov/health/acupuncture](http://www.nccih.nih.gov/health/acupuncture)

## 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.

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

## 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.

## 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.

## 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.

### 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.

**Connect & Reflect with Music:** A 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.

**Cooking for Optimal Health:** Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

## October 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga for Health</b> 10:30–11:30	<b>Cooking for Optimal Health</b> 9:30 - 10:30 <i>3rd Tues.</i>	<b>Yoga for Health</b> 10:30–11:30	<b>Pranayama/Breathing</b> 10:30–11:30 <i>1st Thurs.</i>	<b>Yoga for Health</b> 10:30-11:30
<b>Connect &amp; Reflect</b> 1:30 - 2:30	<b>Yoga Nidra</b> 3:30 - 4:30 <i>2nd Tues.</i> 5:00 - 6:00 <i>4th Tues.</i>	<b>Healing Through Writing</b> 2:00 - 3:00 <i>2nd Wed.</i>	3:00 - 4:00 <i>3rd Thurs.</i>	

## Vegan Lentil Sweet Potato and Arugula Salad

Total Time: 30 minutes, Servings: 2

Website: <https://vegnews.com/vegan-recipes/vegan-lentil-sweet-potato-arugula-salad>

### Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 4 tablespoons olive oil, divided
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons soy sauce
- 1 teaspoon maple syrup (suggested)
- 1 tablespoon apple cider vinegar
- 1 tablespoon whole-grain mustard
- 3 cups arugula
- 1 (14-ounce) can green lentils, rinsed and drained

### Instructions:

1. Preheat oven to 375 degrees. Lightly grease a baking sheet.
2. Into a medium bowl, add sweet potatoes and drizzle with 2 tablespoons of olive oil, salt, and pepper.
3. Spread sweet potatoes on prepared sheet and bake for 30 minutes or until tender and browned in spots. Set aside.
4. In a large bowl, whisk remaining olive oil, soy sauce, maple syrup, apple cider vinegar, and whole-grain mustard. Add arugula, lentils, and roasted sweet potatoes. Toss to combine, and serve.

Sweet potatoes lend a little sweetness to this seasonal salad, while green lentils add satiating protein.

