

Inside Integrative Medicine

September 2021

**Integrative
Medicine
Virtual Group
Classes
Now Available**

Acupuncture and Cancer Care

What is Acupuncture?

Acupuncture is a practice of Traditional Chinese Medicine. It has been used for thousands of years. Here at MD Anderson, we also use current research to guide decisions about how to use acupuncture in a safe and effective manner during and after cancer care. This is called oncology acupuncture.

What are the Potential Benefits of Acupuncture?

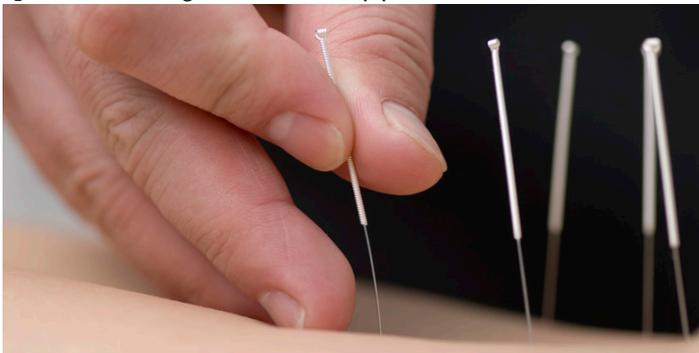
Acupuncture does not treat cancer, rather, it can be safely used as a complementary therapy alongside conventional care to help provide relief from cancer and cancer treatment related symptoms.

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
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What kind of training is needed to become an acupuncturist?

Most acupuncturists are required to have a 4-year master's degree in Acupuncture and Oriental Medicine. In order to be licensed, they must pass board exams with the National Certification Commission for Acupuncture and Oriental Medicine. In order to stay licensed, they must complete continuing education every year.



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 just before an appointment, a light healthy snack is best.

Is it safe and do you reuse needles?

Acupuncture is a safe, minimally invasive medical procedure when performed by a licensed, experienced acupuncturist. Sterile, stainless steel, single-use needles are used in each treatment. All needles come packaged and sterilized and are used only one time. Acupuncture needles are an FDA-regulated medical device. After treatment, needles are disposed of in a sharps container and not used again. There are very few side effects.

How many sessions do I need?

This depends on the condition(s) being treated and how you respond to the treatment. Your response to treatment should be checked after 6 to 8 sessions. Sessions are often scheduled 1 to 2 times a week.

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

National Cancer Institute
www.cancer.gov/about-cancer/treatment/cam/hp/acupuncturepdq

National Center for Complementary and Integrative Health
www.nccih.nih.gov/health/acupuncture

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.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Cost: \$55 per treatment.

View audio and video resources online:
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 virtually via MyChart/Epic Zoom.

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 virtually 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 virtually 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.

August 2021

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

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Cooking for Optimal Health Noon-1:00pm <small>(2nd Tues)</small>	Yoga for Health 10:30-11:30	Connect & Reflect with Music 1:30 - 2:30	Yoga for Health 10:30 - 11:30
Healing Through Writing 2:00-3:00 <small>(2nd & 4th Mon)</small>	Connect & Reflect with Music 1:30 - 2:30	Collage Studio 1:30 - 3:00 <small>(1st & 3rd Wed)</small>		Journaling Workshop 1:00 - 2:00 <small>(1st & 3rd Fri)</small>

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.

Collage Studio- offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients.

Journaling Workshop- Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

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

Chili Roasted Sweet Potatoes

By Karla Crawford

As fall approaches there is a special crop that appears in the harvest for this month. Sweet potatoes! Some may think pie or a side dish with cinnamon, butter and brown sugar. Sweet potatoes are a good source of vitamins, minerals and antioxidants. In addition, they have both soluble and insoluble fiber which are good for heart health and gut health respectively. However, there is healthier way to enjoy this starchy vegetable.

Cooking time: about 20-25 minutes

Serves: 4-6

Ingredients:

- 2 sweet potatoes, cut into 1" cubes
- 1-2 Tbsp coconut oil, melted
- 2 Tbsp chili powder
- 1-2 pinches cayenne (optional but very good!)
- 1 tsp sea salt

Instructions:

1. Set oven to 425 degrees F
2. Place cubed sweet potatoes in mixing bowl
3. In a separate small bowl, mix melted coconut oil with chili powder and cayenne
4. Pour liquid mixture over sweet potatoes and mix well until well coated
5. Layout onto cookie sheet and sprinkle with sea salt
6. Roast in oven for 20-25 minutes until crisp and cooked throughout

