

Inside Integrative Medicine

September 2023

Integrative Medicine at MD Anderson: Improving Treatment Outcomes and Achieving Optimal Health and Healing

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, mindbody, 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.

New Location

The Integrative Medicine Center (IMC) has moved down the street to the Life Science Plaza (LSP) Building, Floor 7, 2130 W. Holcombe Blvd to provide more availability to our patients. Paid parking (rates vary) is available in the covered parking garage attached to the building. 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 continue serving you in our new space.

Telemedicine

Telehealth options remain available for several of our clinical services and programs, including for our physician consultations, health psychology consultations as well as yoga therapy, music therapy, nutrition and physical therapy appointments. Our group classes are virtual only, with plans to have in-person group classes available in the future. Treatments available in-person only include oncology massage and oncology acupuncture.

For more information, please contact the Integrative Medicine Center at 832-750-3685.



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.**

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/EpicZoom.

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.

View audio and video resources online: www.mdanderson.org/integrativemedcenter

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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.

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

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. *Class changed to 2nd Wednesdays starting September 13th.*

Pranayama/Breathing: The practice of Pranayama involves breath regulation through various breathing exercises.

Connect&ReflectwithMusic: 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. *Starting September 11th*

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. *Starting September 19th*

Apple Nachos

Total Time: 10 minutes Servings: 2

Website: <https://www.aicr.org/cancer-prevention/recipes/apple-nachos/>

You can whip up apple nachos for a healthy snack for adults and kids alike! Fresh apple slices are the base of this “nacho” recipe. Apples are a good source of fiber and vitamin C, and with this recipe you can choose any type of apple variety: Honey Crisp, Gala or Granny Smith. The apples are topped with a sweet yogurt sauce and finished with whole grain granola, nuts and seeds for a nice crunch. The best part of these fruit nachos is you can get creative and use different healthy toppings you have around the house.

Ingredients:

- 1 medium apple, sliced
- 1/2 cup plain non-fat Greek yogurt (optional plant-based yogurt)
- 1 tsp. honey
- 1 Tbsp. almond butter
- 3 Tbsp. water
- 1 Tbsp. salted pumpkin seeds
- 1 tsp. chia seeds
- 1 Tbsp. granola chunks
- 1 tsp. cinnamon

Instructions:

1. Slice apple into thin slices (about 25 slices) and arrange on a plate.
2. Mix yogurt, honey, almond butter and water together and drizzle over apples. If yogurt dip is too thick to drizzle, add more water to thin out.
3. Sprinkle pumpkin seeds, chia seeds and granola chunks on top of yogurt layer.
4. To finish, sprinkle cinnamon over entire dish and serve immediately.

