Throughout history, massage has been known for the treatment of pain, anxiety, fatigue and reducing stress. Over the past 15 years, increasing evidence supports the use of oncology massage for those experiencing relevant cancer-related symptoms. Studies have shown that oncology massage, in combination with conventional cancer care, results in positive outcomes for patients by improving their quality of life.

What is oncology massage?

Oncology massage is the modification of existing massage therapy techniques to safely work with patients who experience side effects from cancer or its treatment. It includes those who have had a history of cancer, received cancer treatment, are in active treatment, recovery, survivorship or receiving supportive care.

Most importantly, oncology massage is an evidence-based practice, ordered by a physician and targeted to treat the patient’s specific symptoms. A patient will undergo vitals screening pre-treatment and a symptom assessment, which will help both the patient and therapist set realistic treatment goals for patients and their caregivers. Site, pressure and positioning restrictions are taken into consideration to ensure patient safety. In addition, laboratory data is reviewed to provide a safe and effective treatment.

The oncology massage treatment is then applied by adapting and modifying Western (Swedish) massage techniques based on the patient’s medical history to ensure a clinically safe and effective treatment. Following the treatment, patient reported outcomes help determine the benefits, progress over time and satisfaction.

All MD Anderson Cancer Center oncology massage therapists are licensed by the State of Texas, Nationally and Board Certified, and have training in reviewing and understanding the patient’s medical records and patient conditions, hospital policies, procedural guidelines and the appropriate oncology massage treatment for the patient.

It is important to discuss with your physician whether massage would be beneficial and appropriate for you. All massage treatments require a referral from your medical team. To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request. Caregivers can self-refer to receive a massage to improve their quality of life.


Oncology massage can be useful for the following symptoms:

- Pain
- Anxiety
- Neuropathy
- Constipation
- Insomnia

Get in Touch With Angie’s Spa

Here are five facts you need to know about Angie’s Spa and the services they have available for MD Anderson patients and caregivers through the Integrative Medicine Center:

1. It is a charitable cancer foundation that funds cancer centers with free clinical therapeutic services for cancer patients undergoing treatment and have anxiety, pain, stress and other side effects.
2. It was founded in memory of Angie Levy who passed away of breast cancer.
3. It is a volunteer organization funded entirely through private donations.
4. It was founded because treatments can be costly to the patient and not typically covered by insurance.
5. Angie’s Spa provided a grant to MD Anderson, which covers oncology massage and acupuncture services at the Integrative Medicine Center for patients who qualify, along with their caregivers.

For additional details, visit our website at: www.mdanderson.org/intergrativemedcenter
Cooking for Optimal Health –
The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Recipes will emphasize a different theme each month. Please join us for a fun class and tasty samples.

Nutrition Lecture – Learn about the special nutritional needs for cancer patients, information on organic foods, and more.

Get Moving – Get moving with Nia! Recharge and energize with uplifting music and a blend of yoga, dance and martial arts. Positively shape the way you feel and think. Any fitness level is welcome.

Pilates – Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment and overall flexibility.

Tai Chi – Find balance and strength through continuous flowing movements that link mind to body.

Brief Relaxation Massages – Experience a brief upper body massage for relaxation. Chair massages are generously funded by Angie’s Spa.

Guest Chef – Join us to see what our local “guest chef” cooks up. Class will focus on recipes and cooking methods supporting optimal health. The chef will demonstrate preparation of each recipe. Food samples and recipes will be provided for all participants.

Exploring Music for Relaxation –
Learn to use your favorite recorded music to help you relax or become energized.

Tibetan Bon Meditation – Learn to relax and access a deeper awareness through connecting your mind, body, and heart through practices of breath and sound.

Yoga (Hatha) – Stretch your mind as well as your body by learning the postures, breathing exercises, and meditation.

Qigong – Experience this ancient Chinese system of self care using meditation, breath, and movement to balance the body’s energy flow.

Therapeutic Group Drumming –
Through immersion in active music making, participants will explore creative self-expression to facilitate meaningful insights.

Yoga for Health – Learn ancient Indian Patanjali-based yoga practices of gentle stretching, breathing and meditation to experience relaxation through the balance of Mind-Body-Breath and restore complete health!

The Celebration Singers – Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you!

Expressive Arts – Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more!

Underwritten by COLLAGE: The Art for Cancer Network

Laughter for Health – A blend of deep breathing, stretching, and simulated laughter exercises that may help reduce stress, depression and more. Please bring a water bottle to class.

Look Good, Feel Better – Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (713) 792-6039.

Support Groups – Professionally-led support groups provide education, and sharing for patients, family and friends. For a complete list of support groups, please call the Social Work department at (713) 792-6195.

P.I.K.N.I.C. – An educational forum for patients, caregivers, family members, volunteers, faculty and staff who want to learn more about issues relevant to cancer. P.I.K.N.I.C topics may change, please call 800-345-6324 for the latest schedule.

Visit www.mdanderson.org/integrativemedcenter to check out our audio and video resources including:

- Chemobrain: Is It Real?
- Gentle Chair and Bedside Yoga
- Safe Massage Techniques for the Cancer Patient
- Tibetan Bon Meditation
- plus much more!

Please call 713-794-4700 to sign up for a class.

Subscribe to the newsletter online: www.mdanderson.org/integrativemedcenter
### April 2014

All classes are offered at the Mays clinic location.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>9:30-10:30 Tibetan Bon Meditation: The Power of the Breath</td>
<td>12:00-1:00 Laughter for Health</td>
<td>10:30-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039)</td>
<td>9:45-12:00 Brief Relaxation Massages</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<td>10:00-11:00 Tibetan Bon Meditation: Sacred Sounds</td>
<td>12:00-3:00 Therapeutic Group Drumming</td>
<td>12:00-1:00 Endometrial Cancer Support Group</td>
<td>11:00-12:00 Breast Cancer Support Group</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<td>9:30-10:30 Yoga for Health</td>
<td>11:00-12:00 Cognitive Behavior Therapy for Depression and Anxiety</td>
<td>12:00-1:00 Laughter for Health</td>
<td>12:00-1:00 Endometrial Cancer Support Group</td>
<td>11:45-12:45 Yoga (Hatha)</td>
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<td>12:30-1:30 PIKNIC: How to become the CEO (Chief Energy Operator) of your life</td>
<td>2:00-3:00 Therapeutic Group Drumming</td>
<td>1:00-2:00 Pilates</td>
<td>12:00-1:00 Caregivers: I’ve Got Feelings, Too!</td>
<td>11:30-12:45 Yoga (Hatha)</td>
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<td>2:00-3:00 Yoga for Health</td>
<td>6:00-7:30 Ovarian Cancer Support Group</td>
<td>2:00-3:00 Exploring Music for Relaxation</td>
<td>2:00-3:00 Exploring Music for Relaxation</td>
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<td>3:30-4:30 Tai Chi</td>
<td>3:30-4:30 Qigong</td>
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<td>5:30-7:00 Celebration Singers</td>
<td>3:30-4:30 Qigong</td>
<td>3:00-4:30 Qigong</td>
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#### How to schedule an appointment:
- Call Integrative Medicine Center at 713-794-4700 or send a message from myMDA to schedule an appointment.
- Arrive 15 minutes early to check in for group classes.
- Following classes do not require pre-registration: Expressive Art and Support Groups.
- All Integrative Medicine Center classes will stop accepting participants 10 minutes after the start of the class. This will allow the facilitators the maximum amount of time to work with the participants. This does not apply to PIKNIC, Look Good, Feel Better and the support groups.
- Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.
Individual Clinical Services

Please ask your MD Anderson physician to submit an online consultation request if you would like to schedule these services. For additional details, please call 713-794-4700.

Integrative Oncology Physician Consultation
Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care. Most insurance plans will cover the cost of your consultation. A consult with our physician is required in order to obtain a referral to:

- **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 foods, plant-based diet for optimal health.

- **Exercise / Physical Activity Consultation**
  Being more physically active may benefit patients in active treatment for cancer. Exercise may provide increased energy and more strength for performing activities of daily living.

Acupuncture
Acupuncture is a safe and often effective medical treatment that can be used to manage side effects from cancer and related treatments, including: nausea & vomiting, pain, neuropathy, hot flashes, fatigue, dry mouth. Services are by appointment and limited to MD Anderson patients. Initial visit fee will range from $85 to $100. Follow-up visits are between 30 and 60 minutes and range from $45 to $100.

Oncology Massage
Massage therapy may help patients relax and improve sleep quality. It may also relieve fatigue, pain, anxiety, and nausea. Services are by appointment for patients and their caregivers. Appointments are between 30 and 60 minutes and range from $35 to $65.

Music Therapy
Benefits of Music Therapy include: relaxation, creating calming environments, encouraging self-expression, reducing stress, improving coping skills, and implementing protocols to improve cognitive, motor, communication and socialization skills. Initial visit fee is $50. Follow-up visits are between 30 and 60 minutes and range from $25 to $50.

Meditation Consultation
Learn to relax and access a deeper awareness by connecting your mind, body and heart through simple techniques. Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is $50. Follow-up visits are between 30 and 60 minutes and range from $25 to $50.

Psychology Service
Health Psychology may be beneficial to patients experiencing psychosocial distress or who wish to work on lifestyle changes. A licensed clinical psychologist will provide both evaluation and interventions to address symptoms of stress, anxiety, and depression.

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_friends_of_integrative_medicine_presents:_

**An Evening of Meditation and Tea**

**Tuesday, April 15, 2014**

Registration: 6–6:30 p.m.
Talk: 6:30–7:30 p.m.

Meditative tea drinking offers an easy opportunity to integrate a calm and aware state of mind into your daily activities. Tea drinking can be deeply contemplative and a complement to a meditative practice. Along with learning and experiencing the different varieties and benefits of tea with The Path of Tea owner, Chris McKann, participants will learn simple, take-home meditation techniques with Dr. Alejandro Chaoul – that can become an everyday practice.

**Alejandro Chaoul, PhD**
Assistant Professor, Department of General Oncology
Director of Education, Integrative Medicine Program
The Integrative Medicine Program, MD Anderson

**Chris McKann**
Owner, The Path of Tea

South Campus Research Building 2
Conference Room 5-6
7435 Fannin Street, Houston, TX 77054

Light hors d’oeuvres donated by Ruggles Green

Free
(event donations accepted at registration)

RSVP Required
Email: KMTaniguchi@mdanderson.org
or call 713-794-4700