In addition to the traditionally acknowledged risk factors for breast cancer (age, reproductive history, genetic profile, alcohol intake, etc.), scientists are increasingly coming to understand that many chemicals commonly found in products we use daily may also be contributing to the very high incidence of breast cancer. We need to better understand the health effects of these environmental chemicals, especially so-called endocrine disrupting compounds (EDCs) in pesticides, plastics, many personal care products, etc. This knowledge may lead us to undertake actions that aim to prevent the disease.

In fact, a Congressionally-mandated report released in February, 2013 by the Interagency Breast Cancer and Environmental Research Coordinating Committee concluded that we needed a national prevention strategy, based on a better understanding of the links between environmental factors and risk for breast cancer. Another recent report (also February, 2013) released jointly by the World Health Organization and the United Nations Environment Programme examined the science linking EDCs and developmental processes in a variety of physiological systems. The report concludes that there is substantial evidence to support EDC-induced impacts in wildlife and laboratory animals, but acknowledges the current weaker state of evidence for harm in humans, but this latter point may reflect the relative lack of sound epidemiological studies in this area. Together these major reports, along with others produced in the past two years by the President’s Cancer Council and the Endocrine Society, raise concern for the possible health impacts of exposures to many environmental factors, especially when they occur in interaction with various genetic, reproductive and lifestyle histories.

We should not have to be organic chemists when we go to the market, but unfortunately many of the chemicals of concern are not regulated, and companies do not regularly label their products as containing EDCs. Hopefully, chemical reform regulation which will be re-introduced in Congress in 2013 will address some of these issues.

In the meantime, there are a number of simple things individuals, families, and communities can do reduce exposure to environmental chemicals that could pose risk for breast cancer:

- Avoid plastic water bottles and Styrofoam containers;
- Never microwave food in plastic or Styrofoam;
- Eat fresh or frozen foods, not canned, unless can is lined with bisphenol-A (BPA) free plastic;
- Go fragrance free in both personal care products and household cleaning products;
- Choose products that have detailed ingredient labels and don’t contain known EDCs (e.g., parabens, phthalates, BPA). Contact companies for information if you have concerns about their ingredients;
- Minimize the use of pesticides and herbicides, especially when using them for mainly cosmetic landscaping purposes, to avoid personal exposure and especially for young children in your neighborhood.

Here are a few useful resources to help guide you in making safer choices:


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.
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.

Nia: Body Energizer – Explore this gentle, yet lively, restorative movement class. The class incorporates techniques from yoga, Tai Chi, and Nia dance (play).

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.

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! Please contact Michael Richardson at 713-563-0858 for rehearsal information.

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.

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.

Visit mdanderson.org/CIMER to check out the videos on our Multimedia page 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.

ALL CLASSES ARE FREE.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>10:00-12:00</td>
<td>Expressive Arts: Pottery</td>
<td>11:00-12:00</td>
<td>Nia Body Energizer</td>
<td>1:00-2:00</td>
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<td>9:30-10:30</td>
<td>Tibetan Bon Meditation: The Power of the Breath</td>
<td>12:00-1:00</td>
<td>Laughter for Health</td>
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<td>11:00-12:00</td>
<td>Breast Cancer Support Group</td>
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<td>12:00-1:00</td>
<td>PIKNIC: Supplements: The good, the bad and the ugly</td>
<td>12:00-1:00</td>
<td>PIKNIC: Body Image Concerns</td>
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<td>26</td>
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<td>Yoga for Health</td>
<td>10:00-11:00</td>
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<td>Monday, April 15, 2013 • 6:00 pm–7:30 pm</td>
<td>Cancer and the Environment: From Science to Policy</td>
<td>Janet Gray, PhD, Professor of Psychology and Director of Science, Technology and Society, Vassar College</td>
<td>See back page for details.</td>
<td>Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received. All classes are offered at the Mays clinic location</td>
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mdanderson.org/integrativemed | 713-794-4700
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.

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. Our fees are:
- Initial Assessment & First Treatment – $80.00
- Each Follow-up Treatment – $65.00

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. Our fees are:
- Inpatient Brief Relaxation bedside massage limited availability - NO COST
- Assessment & massage ½ hour–$30.00; One hour–$60.00

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. There is NO COST for this service.

Nutritional Consultation
Nutritional counseling to help you assess, plan, and reach nutritional goals with an emphasis on cancer prevention and control and an overall healthy lifestyle based on whole foods. There is NO COST for this service.

Meditation Consultation
Learn to relax and access a deeper awareness through connecting your mind, body, and heart through practices of breath and sound. There is NO COST for this service.

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. Cost depends on an individual’s insurance coverage plan.