

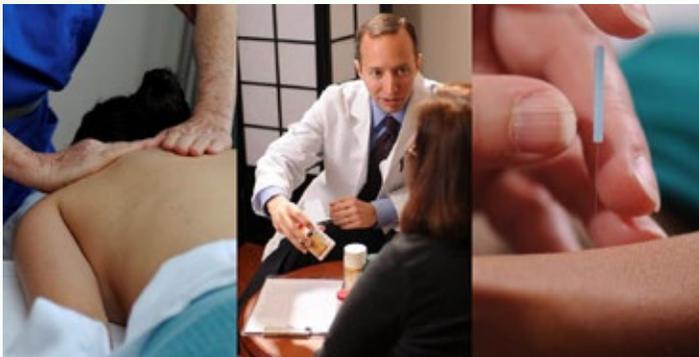
Integrative Medicine Center

August 2015

See pages 2-3
for information
on FREE group classes
for patients, caregivers,
and anyone touched
by cancer.

An Integrative Approach to Cancer Care

By: Kira Taniguchi, Sanobar Ajani and Anne Marie Alcalá – Integrative Medicine Center



History – Integrative medicine clinical care at The University of Texas MD Anderson Cancer Center has come a long way over the years. The clinical delivery center, originally called the Place... of Wellness, opened its doors in 1998. In that year, the clinical team assisted about 2,000 patients, caregivers, and others touched by cancer. In 2007, the center began a medical consultation service under the direction of Moshe Frenkel, M.D. By 2010, the Center was under the leadership of medical director Richard T. Lee, M.D. In 2011, the Place... of Wellness officially changed its name to the Integrative Medicine Center.

2015 – Today, the mission of the **Integrative Medicine Center is to create a comprehensive, integrative cancer care plan collaboratively with other medical teams using an evidence-based approach to improve health, quality of life, and clinical outcomes.** Clinical care is provided in the outpatient and inpatient setting. Individual consultations include an integrative oncology physician consultation with either Dr. Richard Lee or Gabriel Lopez, M.D. Other integrative medicine practitioners are available to meet your individual needs to improve your quality of life and clinical outcomes. In FY15, we are projected to have 6,119 outpatient individual visits, 2,583 inpatient visits, and 7,657 group visits. Join us!

Outpatient Clinical Consultations

Physicians Drs. Lee and Lopez provide guidance on a comprehensive and integrative approach to your cancer care. In addition, other outpatient services available include:

- **Acupuncture:** may be beneficial for cancer- and treatment-related pain, chemotherapy induced nausea and vomiting, peripheral neuropathies, dry mouth, hot flashes, fatigue, and stress reduction.

- **Exercise and physical activity consultation:** may be beneficial for fatigue, deconditioning, weakness, balance problems, loss of appetite, sleep problems, anxiety/depression, and weight reduction.
- **Nutrition:** may help manage treatment side effects, provide lifestyle dietary changes, weight management, address questions regarding organic foods, special diets, and provide nutrition for treatment recovery.
- **Health Psychology:** may help promote physical and emotional wellness, improve quality of life, cope with changes, assist in adjusting to a cancer diagnosis, manage stress, anxiety and depression, cope with grief and loss, and engage in healthy lifestyle behaviors.
- **Oncology Massage:** may help reduce stress and other cancer-related symptoms (available for caregivers too).
- **Music Therapy:** may promote wellness, help manage stress, alleviate pain, express feelings, enhance memory, improve communication, and promote physical activity.
- **Meditation:** may decrease anxiety and negative emotions, and improve sleep, memory, and cognitive function, as well as increase spiritual awareness and sense of well-being (available for patients and caregivers who accompany a patient).

Inpatient Clinical Services

Inpatient Integrative Medicine services include an integrative oncology consultation at the bedside. After the consultation, the medical team may make referrals to our integrative services based on your needs, such as:

- Health Psychology
- Oncology Massage
- Acupuncture
- Music Therapy

Group Clinical Programs

The Integrative Medicine Center provides over 15 outpatient group classes free of charge to **cancer patients, caregivers, and anyone touched by cancer.** In addition, the Center now features **two pediatric programs: Little Yogis and Making Music**, held in the G9 Activity Room and Play Room. See pages 2-3 of the newsletter for class descriptions and times.

To make an appointment at the Integrative Medicine Center ask your MD Anderson physician to submit an online consultation request. For additional details, call 713-794-4700 or visit our website at www.mdanderson.org/integrativemed.

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.

Group Clinical Services

All Classes are free.

Please call **713-794-4700** to sign up.

Physical

Nutrition Lecture

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

Cooking Class

Participants will observe as a dietitian makes dishes in our demo kitchen, then have the chance to enjoy some delicious samples.

- **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.



Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance and martial arts.

Mind-Body

Music for Health

Discover new ways to reduce stress, improve mood, and decrease fatigue! Each week learn a different skill and how to utilize your favorite music to improve your health.



Tibetan Bon Meditation

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

- **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

- **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

- **Movement & Breath**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



Therapeutic Group Drumming

Learn drumming techniques from around the world. Express yourself in a safe creative music making environment. No experience required!



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.

Social



Singing Support Group

A support group for cancer survivors and caregivers who enjoy singing. Come join the fun!



Laughter for Health

Known in the community as "Laughter Yoga" - 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.

Expressive Arts

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

Underwritten by
COLLAGE: The Art of Cancer Network

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, and staff who want to learn more about issues relevant to cancer. PIKNIC topics may change, please call 800-345-6324 for the latest schedule.

Activity Level:



= Gentle



= Active



= Very Active

Mind-Body activities for pediatric inpatients and outpatients **ages 3-12** years and their caregivers.

Little Yogis

Experience a fun and unique combination of simple yoga postures with breathing, relaxation, guided imagery, and yoga games. Yoga brings confidence, strength, and balance while helping children to relax and improve sleep. Held in G9.3329 Activity Room.



Making Music

Express thoughts and feelings by playing instruments, learning new songs and creating musical stories. Held in G9.3329A Playroom.

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

August 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:45-11:45 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Chinese Ink Art-Goldfish	4 11:00-12:00 Little Yogis 5:30-7:00 Singing Support Group	5 10:30-11:30 Yoga for Health 11:00-12:00 Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group	6 10:30-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039) 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health:Change your mood using your favorite music	7
10 8:45-11:45 Brief Relaxation Massages	11 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:00-12:00 Little Yogis 5:30-7:00 Singing Support Group	12 10:00-11:00 Nutrition Lecture 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer Support Group	13 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health:Decrease stress with music	14 1:00-4:00 Brief Relaxation Massages
17 8:45-11:45 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Shibori	18 9:30-11:00 Tibetan Bon Meditation: Movement & Breath 11:00-12:00 Little Yogis 12:30-1:30 PIKNIC: Spiritual Care and Education During Cancer Treatment 5:30-7:00 Singing Support Group	19 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	20 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix	21
24 8:45-11:45 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Handmade books	25 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:00-12:00 Little Yogis 5:30-7:00 Singing Support Group	26 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 11:30-12:30 Cooking for Optimal Health 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming	27 11:00-12:00 Active Surveillance Patient Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Decrease stress with music	28 1:00-4:00 Brief Relaxation Massages
31 8:45-11:45 Brief Relaxation Massages	<ul style="list-style-type: none"> • Following classes do not require pre-registration: Expressive Arts and Support Groups (with the exception of Singing Support Group) • 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. • A signed consent form is required to attend ALL Integrative Medicine group classes. 			

All classes in blue are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

All classes in green are offered in the Activity Room – G9.3329 All classes in orange are in the G9.3329A Playroom

Individual Clinical Services

An MD Anderson physician's order is required before scheduling any of the services listed below.

For additional details, please call 713-794-4700 or visit our clinic at R1.2000, which is a free-standing facility east of the Main Building near valet.

Integrative Oncology Physician Consultation

Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care.

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.

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 during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each 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 and vomiting, pain, neuropathy, hot flashes, fatigue and dry mouth. Initial visit fee will range from \$85 to \$100. Follow-up visits range from \$45 to \$100.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of \$70.

Music Therapy

Benefits of music therapy include, encouraging self-expression, reducing stress, improving coping skills and implementing protocols to improve cognitive, motor, communications and socialization skills. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

Meditation Consultation

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 range from \$25 to \$50.

Friends of Integrative Medicine

exists to raise awareness within MD Anderson and the larger Houston community of the important role complementary and integrative medicine can play in cancer prevention and in helping those with cancer live better and longer.

Why Support Us?

...

Cancer is the #1 cause of death worldwide.

...

One in 2 men and 1 in every 3 women will develop cancer over the course of their lifetime.

...

Over one third of cancer cases could be prevented and outcomes improved with an integrative approach including lifestyle changes such as diet, physical activity, maintaining a healthy weight, and stress management.

Become a Member Today

Contact Kira Taniguchi at KMTaniguchi@mdanderson.org for membership information.



The Fountain of Joy, which stands in front of the Integrative Medicine Center, was donated by longtime Friend of Integrative Medicine member and patient Joyce Arrington Smith.