

# Inside Integrative Medicine

August 2023

**Integrative  
Medicine  
Virtual Group  
Classes**

## The Integrative Medicine Center Welcomes Our New Music Therapist

By Ingrid Moeller, MA, MT-BC

Integrative Medicine welcomes back Ingrid Moeller, MA, MT-BC. Previously here from 2008-2015, she is most pleased to return to MD Anderson and more specifically, Integrative Medicine. In her new role, Ingrid will see both inpatients and outpatients in individual treatment sessions and group classes.

The purpose of music therapy with cancer patients is to address physiological and/or psychological adjustment to cancer and cancer-related treatment. Music therapists individually assess for and treat physical symptoms such as pain, emotional symptoms such as feelings of helplessness, lack of resilience, and emotions including anger, anxiety, distress and/or depression, as well as fatigue and nausea. The music therapist may address social needs, identify social support systems, and promote interpersonal communication with family, friends, and/or caregivers through meaningful musical experiences. Music therapists are trained to facilitate the exploration of life's meaning, connection to a higher power, or reaffirmation of one's faith by using music that is significant in the patient's connection to spirituality.

The Center is restarting the virtual music therapy classes for outpatients that have been offered for the past 2 years. Ingrid is looking forward to continuing to help patients and caregivers access different methods of support, relaxation, mindfulness, and connection with one another through music. Future outpatient offerings will include in-person groups devoted to hands on music making with a variety of instruments, with the goals of connection, mood elevation, relaxation, and stress relief. No previous music experience is necessary for any of these groups.

**Generally, some goals which can be addressed through music therapy include:**

- Decrease pain perception
- Reduce anxiety
- Elevate mood
- Provide meaningful social interactions
- Increase emotional expression
- Decrease sense of isolation
- Facilitate sense of control
- Reduce nausea
- Develop positive coping mechanisms
- Increase relaxation

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.

### 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.

\*Prices for IMC services may be subject to change depending on insurance coverage.

View audio and video resources online: [www.mdanderson.org/integrativemedcenter](http://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<br>10:30-11:30                   | Yoga Nidra<br>3:30-4:30<br>2nd Tues. | Yoga for Health<br>10:30-11:30 | Pranayama/Breathing<br>10:30-11:30<br>1st Thurs. | Yoga for Health<br>10:30-11:30 |
| Healing Through Writing<br>2:00-3:00<br>2nd Mon. | 5:00-6:00<br>4th Tues.               |                                | 3:00-4:00<br>3rd Thurs.                          |                                |

### 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.

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

**Connect & Reflect with Music:** 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. *Coming September 2023*

**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. *Coming September 2023*

## Black Bean & Corn Salad Meal in an Avocado Half

Total Time: 15 minutes

Servings: 2

Website: <https://saboreauhoy.com/en/recipe/delicious-black-bean-corn-salad-meal-in-an-avocado-half/>

### Ingredients:

- 2/3 cup canned low-sodium black beans, rinsed, drained
- 1/2 cup canned no-sodium corn, drained
- 1/2 cup packaged shredded carrots, lightly packed
- 1/4 cup fresh cilantro leaves, chopped, plus additional leaves for garnish
- 1/2 cup cherry tomatoes, cut into eighths
- 2 green onions, thinly sliced
- 1/2 tsp. red pepper hot sauce
- 3 Tbsp. fresh lime juice (approx. juice of one lime)
- 1/4 tsp. chili powder
- 1/4 tsp. garlic powder
- 1/8 tsp. ground cumin
- Salt and pepper to taste
- 2 ripe, fresh avocados, halved and pitted

### Instructions:

1. In a medium bowl, combine beans, corn, carrots, chopped cilantro, tomatoes, green onions, hot sauce, lime juice, chili powder, garlic powder and ground cumin. Stir to combine. Season with salt and pepper to taste.
2. Fill each avocado half with 1/4 of the bean mixture.
3. Garnish with fresh cilantro leaves and serve.

