Step up to Exercise!

By: Karen Basen-Engquist, PhD, MPH, Center for Energy Balance in Cancer Prevention and Survivorship

The messages are all around us — “Be active,” “Move more!”

Many cancer patients and survivors wonder which exercise, if any, is right for them.

Research shows being active is important to the health of cancer patients receiving active treatment, and survivors who have completed treatment. Exercise can improve cancer patients’ and survivors’ fitness, physical functioning, fatigue and pain. Observational studies show that breast and colon cancer survivors who are more active have a lower rate of cancer recurrence and death from their cancer.

In 2010 the American College of Sports Medicine (ACSM) published exercise guidelines for cancer survivors. Their first recommendation is avoid inactivity. Even if someone with cancer does not feel well enough to go to the gym, it is important to keep moving and do some light activity.

ACSM guidelines indicate, in general, that people who have been diagnosed with cancer should do 150 minutes per week of moderate intensity aerobic exercise or 75 minutes per week of vigorous intensity aerobic exercise. Moderate aerobic activity increases heart and breathing rate somewhat – if you are doing moderate intensity activity you should be able to talk but not sing! Vigorous exercise means you will be breathing harder – you can talk, but just a few words at a time.

The ACSM also recommends strength building and flexibility exercises involving major muscle groups two to three days per week. If you are not currently exercising or are a cancer survivor who experiences extreme fatigue, it is important to start slowly and increase gradually.

Some modifications may be needed depending on a person’s condition. Also, certain treatments or side effects may limit exercise. After surgery, patients should wait until they have fully healed to start any exercise beyond physician recommendations. Those who have lymphedema, or are at increased risk of the condition, should seek out a supervised program of strength training to make sure they are doing strength exercises correctly and at the correct intensity. Patients with bone metastases or others who have an increased risk of bone fracture may need to reduce the intensity of aerobic and strength exercise. If you have questions about which exercises are right for you, consult your health care team.

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Try these tips to help you get started:
- Choose exercises you enjoy.
- Split your exercise into multiple, short sessions. Ten minutes of exercise three times a day is just as good as 30 minutes done all at once.
- Set specific and realistic short term exercise goals.
- Keep track of activity – make it easy to see when you have met your goal.
- Reward yourself for meeting goals.

Patients and caregivers are encouraged to take advantage of the many free physical activity classes offered by the Integrative Medicine Center.

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.
Physical

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. *Appointments are limited and only scheduled on the day of the offering.

Mind-Spirit

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!

Social

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. 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. PIKNIC topics may change, please call 800-345-6324 for the latest schedule.

Visit mdanderson.org/integrativemed 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!

All Classes are free.

Please call 713-794-4700 to sign up for a class.
### February 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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<tbody>
<tr>
<td>3</td>
<td>9:45-11:30 Brief Relaxation Massages 11:00-12:00 Get Moving 1:00-2:00 Pilates</td>
<td>9:30-10:30 Tibetan Bon Meditation: The Power of the Breath 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi</td>
<td>12:00-1:00 Laughter for Health 1:30-2:30 Therapeutic Group Drumming 2:00-4:00 Expressive Arts COLLAGE: Chinese Ink Art - Roses</td>
<td>10:00-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039) 12:00-1:00 Caregivers: I've Got Feelings, Too! 1:15-3:00 Brief Relaxation Massages 2:30-3:30 Exploring Music for Relaxation 3:30-4:30 Qigong</td>
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<td>11:00-12:00 Cognitive Behavior Therapy for Depression and Anxiety 12:30-1:30 PIKNIC: Are your New Year’s resolutions reducing your cancer risk 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi</td>
<td>9:30-10:30 Tibetan Bon Meditation: Sacred Sounds</td>
<td>10:00-11:00 Nutrition for Individuals Affected by Cancer 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 1:30-2:30 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer Support Group</td>
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**Please keep in mind:**
- Pre-registration is strongly encouraged. Call 713-794-4700 or stop by the Mays clinic location or the Integrative Medicine Center to register.
- Arrive 15 minutes early to check in for group classes.
- Effective 10/1/13, 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.