

Inside Integrative Medicine

January 2023

**Integrative
Medicine Virtual
Group Classes
Available**

Blossom in 2023!

by Aimee Christie, Ph.D.

“No mud, no lotus” is a saying of Zen Master Thich Nhat Hanh. It refers to the idea that being rooted in the muck of life helps us to blossom to our full potential. A cancer diagnosis and treatment surely involve some muck. Moments of pain, suffering, and existential challenges are opportunities to be kind to ourselves, remind ourselves that this is temporary, and to ask ourselves, “what next?” How do I want to grow from this?

Often, we realize that improving our diet, exercising more, and reducing stress are valuable changes we can make for ourselves and our families. These lifestyle factors are important for cancer risk reduction and equally important to optimize during and after cancer treatment to improve quality of life and clinical outcomes. The benefits of maintaining these healthy lifestyle changes can last a lifetime and improve all aspects of your life.

To make any New Year’s resolution last deep into the new year and through the whole year, start SMART! Make goals for yourself using the **SMART** framework: **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-limited. For example, a SMART goal for healthy eating may be: Eat 3 servings of vegetables and 2 servings of fruit every day for the next month. Start slow with baby steps; early success is key for motivation! Build on those changes over time. Ask yourself, “is this change something I can maintain over my lifetime?” This helps to turn these New Year resolutions into lifelong habits.

Here are some additional tips to help you succeed.

- Add accountability: Let a spouse, friend, support group, or medical provider know your goal(s) and check in with them about your progress.
- Monitor your progress: Record the data! Be a scientist and track whether you’re meeting your goals. Use the feedback to adjust your goals to be more realistic if you are not meeting your goals or to set yourself more challenging goals.
- Reward your successes: Be your own cheerleader and find ways to congratulate and reward yourself for meeting your goals.
- Forgive yourself: Small setbacks, or “bad” days, are just opportunities to reflect on what did not work and plan for a more successful tomorrow.

Finally, as you learn how to work towards new goals and a healthier lifestyle, remember to practice self-compassion. Be kind to yourself, be in the present moment, and remember that you’re not alone. Let’s grow together!



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. Treatments range from \$65 to \$75.

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/Epic Zoom.

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 telephone visit.

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.

Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost: \$50 per session.

View audio and video resources online:
www.mdanderson.org/integrativemedcenter

Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.

January 2023

How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| Yoga for Health 10:30 - 11:30 | Connect & Reflect with Music 3:30 - 4:30 | Yoga for Health 10:30 - 11:30 | Connect & Reflect with Music 1:30 - 2:30 | Yoga for Health 10:30 - 11:30 |
| Healing Through Writing 2:00 - 3:00 (2nd Mon.) | Yoga Nidra 3:30 - 4:30 (4th Tues.) | | | |

Class Descriptions:

Yoga for Health: Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music: An 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.

Yoga Nidra: This is a guided meditation in the supine position to bring you into a state of deep rest. No prior experience with yoga or meditation is required. The class is held on the 4th Tuesday of every month.

Returning! Healing Through Writing: Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

Avocado Toast

Time: 10 minutes

Serves: 2

Website: <https://atthetable.mdanderson.org/recipe?id=707>

Ingredients:

- 2 small, ripe avocado(s)
- 1 lime(s), juice + zest
- dash freshly-ground black pepper, to taste
- 2 thinly-sliced small radish(es)
- 2 tsp olive oil
- dash Kosher salt, to taste
- dash red pepper flakes
- 2 slice(s) of 100% whole-wheat bread, 3/4 inch thick

Instructions:

1. Mash avocados and lime juice with fork.
 2. Grate lime zest into avocado mixture, carefully avoiding white pith.
 3. Slice and toast bread.
 4. Spread avocado puree on top of toasted bread.
 5. Transfer to serving dish.
 6. Garnish with radish slices. Sprinkle salt and pepper.
 7. Drizzle olive oil and serve.
- Need a heartier meal? Top this with an egg - hard-boiled, poached, sunny side up - your call!
 - Variations: Substitute the olive oil for truffle oil.
 - Variations: Top with thinly sliced jicama instead of radishes!

