

# Integrative Medicine Center

June 2015

## Couples Coping with Cancer Together

By: Catherine Powers-James, PhD and Kathrin Milbury, PhD, Integrative Medicine Center

A cancer diagnosis affects family members and friends, but it can have the greatest effect on marriages and other long-term partnerships. Many couples report that the cancer experience has brought them closer together and made them view their partner through a new lens. Cancer can tend to make couples grateful to have one another. However, both members of the couple may also experience negative emotions (fear, sadness, anger, etc.), and cancer related stress can take its toll on the relationship.

Research shows couples who battle cancer with a team approach fare better in regards to their emotional and relational wellbeing. While many couples are “pros” at living life together, cancer may introduce changes to the relationship that need to be addressed to maintain intimacy and relationship satisfaction. Communication is key to navigating a cancer diagnosis together.

Partners may hold back fears and worries to protect their loved ones from additional burdens (called “protective-buffering”). Although protective-buffering is well intended, research shows it reduces relationship satisfaction and increases distress in both members of the couple because it makes partners feel isolated and alone. Instead, open sharing of thoughts and feelings may help couples stay emotionally connected and allows for responding to each other’s needs. Studies show one of the most important aspects of successful coping is emotional support—simply being present, *listening* to each other with an open heart, as well as openly and honestly *sharing* one’s emotions and needs.

### Four tips that may help couples cope together:

**Seek Additional Support:** Although effective communication is helpful, it is also important for both partners to have additional support beyond each other. This is particularly true for the caregiver spouse because there may be times when the patient is unable to be the main support system. Both partners may consider joining a support group.



MD Anderson offers support groups for both caregivers and patients. Mental health providers are also available to provide one-on-one individual therapy or couple’s therapy. Friends, family, and fellow church members are also good sources of support.

**Have Fun:** Do something non-cancer related together, whether it’s attending a class such as Laughter for Health, meditating together, or just going to the movies. You can continue to make wonderful memories during this journey.

**Laugh:** Don’t forget your sense of humor! Even though things may be difficult, there is often something that can make you both smile.

**Don’t Forget The Romance:** Many patients talk about how their roles have changed now that one partner has cancer. You may have gone from “husband and wife” to “patient and caregiver.” Don’t forget that you are still a couple and having romance and intimacy is important. Sometimes reminiscing about the good times can be very heartwarming and beneficial. Even if you don’t feel like being sexually active, try to keep the intimacy - hold hands or hug. If possible, continue to go on dates, even if it is in your own home. Tell each other how much you appreciate each other and express your gratitude even when things are not going smoothly. Do not forget to tell each other that you love each other.

Patients and caregivers are encouraged to take advantage of the many free classes offered through the Integrative Medicine Center (see page 3). Other resources offered at MD Anderson include support groups, as well as mental health providers. To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request or call 713-794-4700.

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.



### Tai Chi

Find balance and strength through continuous flowing movements that link mind to body.



### Get Moving

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



### Pilates

Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment overall and flexibility.



### Yoga (Hatha)

Develop strength and flexibility during a sequence of postures while focusing on the breath as well as cultivate relaxation and mindfulness through meditation and breathing exercises.

#### Activity Level:

= Gentle

= Active

= Very Active

## 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!



### Qigong

Experience this ancient Chinese system of self-care using meditation, breath, and movement to balance the body's energy flow.



### 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.



### 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.

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

# June 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>8:45-11:45</b> Brief Relaxation Massages  <b>9:00-3:00</b> Facing the Mirror with Cancer  <b>10:30-12:00</b> Resource Fair  <b>12:00-1:00</b> Living and Healing in Gratitude  <b>1:00-2:00</b> Pilates  <b>2:00-2:30</b> OncWalks (Mays Clinic skybridge)  <b>2:00-3:30</b> Entertainment and Popcorn  <b>2:00-4:00</b> Expressive Arts: Chinese Ink Art: "Butterfly"  <b>3:00-4:00</b> Laughter Yoga  <b>6:00-8:00</b> Facing the Mirror with Cancer  <b>6:30-7:30</b> Couples Coping with Cancer Together (see flyer on back page)</p>	<p><b>2</b></p> <p><b>9:00-2:00</b> Facing the Mirror with Cancer  <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath  <b>10:00-2:00</b> Brief Relaxation Massages  <b>11:15-12:15</b> Get Moving  <b>12:15-1:00</b> Little Yogis  <b>12:30-1:45</b> PIKNIC: Healing Calm: The Practice of Stillness  <b>12:30-1:30</b> Care 4 the Caregiver  <b>1:30-2:30</b> Healing Bracelet Workshop  <b>2:00-2:30</b> OncWalks (Mays Clinic skybridge)  <b>2:00-3:00</b> Ways to help your Children Cope When you Have Cancer  <b>2:00-3:30</b> Entertainment and Popcorn  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Singing Support Group  <b>6:30</b> Movie Night  <b>6:30</b> myCancerConnection Day Away: Houston Astros</p>	<p><b>3</b></p> <p><b>10:00-2:00</b> Brief Relaxation Massages  <b>10:00-11:00</b> Nature Rx: Your "Parkscription" to Wellness  <b>10:30-11:30</b> Yoga for Health  <b>10:30-12:00</b> Resource Fair  <b>11:00-12:00</b> Metastatic Breast Cancer Support Group (Location: Patient Education Office CPB8.3600)  <b>11:30-12:30</b> Cooking for Optimal Health  <b>11:30-12:30</b> Air Steps  <b>11:00-12:00</b> Making Music  <b>12:00-1:00</b> Laughter for Health  <b>1:00-2:00</b> Healing Bracelet Workshop  <b>2:00-2:30</b> OncWalks (Mays Clinic skybridge)  <b>2:00-3:00</b> Support Connection for Patients and Families  <b>2:00-3:00</b> Therapeutic Group Drumming  <b>2:00-3:30</b> Entertainment and Popcorn  <b>5:00-7:00</b> Spine Support Group  <b>5:00-7:00</b> Rotary Night  <b>6:00-8:00</b> myCancerConnection Art of Survivorship</p>	<p><b>4</b></p> <p><b>10:00-2:00</b> Brief Relaxation Massages  <b>10:30-11:30</b> Ever Wonder: "Who Needs a Social Work Counselor, Anyway?"  <b>10:30-12:00</b> Look Good, Feel Better (Must pre-register at 713-792-6039)  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>12:00-1:00</b> Walking: Pathways to Health, Hope and Joy  <b>2:00-2:30</b> OncWalks (Mays Clinic skybridge)  <b>2:00-3:00</b> Music for Health: Change your mood using your favorite music  <b>2:00-3:30</b> Entertainment and Popcorn  <b>2:00-7:00</b> Rotary House Afternoon and Evening Events  <b>3:30-4:30</b> Qigong</p>	<p><b>5</b></p> <p><b>10:00-2:00</b> Brief Relaxation Massages  <b>12:00-1:00</b> Passing Life Moments On  <b>2:00-2:30</b> OncWalks (Mays Clinic skybridge)  <b>2:00-3:00</b> Everyone Needs to Talk about Advance Care Planning: Survivors Too!  <b>2:00-3:30</b> Entertainment and Popcorn  <b>6:30</b> TGIF Movie Night</p>
<p><b>8</b></p> <p><b>8:45-11:45</b> Brief Relaxation Massages  <b>1:00-2:00</b> Pilates</p>	<p><b>9</b></p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds  <b>11:15-12:15</b> Get Moving  <b>12:15-1:00</b> Little Yogis  <b>12:30-1:30</b> PIKNIC: Cancer Research Update from the American Society of Clinical Oncology  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Singing Support Group</p>	<p><b>10</b></p> <p><b>10:00-11:00</b> Nutrition Lecture  <b>10:30-11:30</b> Yoga for Health  <b>11:00-12:00</b> Making Music  <b>12:00-1:00</b> Endometrial Cancer Support Group  <b>12:00-1:00</b> Laughter for Health  <b>1:00-4:00</b> Brief Relaxation Massages  <b>2:00-3:00</b> Therapeutic Group Drumming  <b>6:00-7:30</b> Ovarian Cancer Support Group</p>	<p><b>11</b></p> <p><b>11:00-12:00</b> Breast Cancer Support Group  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>2:00-3:00</b> Music for Health: Decrease stress with music  <b>3:30-4:30</b> Qigong</p>	<p><b>12</b></p> <p><b>1:00-4:00</b> Brief Relaxation Massages</p>
<p><b>15</b></p> <p><b>8:45-11:45</b> Brief Relaxation Massages  <b>1:00-2:00</b> Pilates  <b>2:00-4:00</b> Expressive Arts: Shibori</p>	<p><b>16</b></p> <p><b>9:30-11:00</b> Tibetan Bon Meditation: Movement &amp; Breath  <b>11:15-12:15</b> Get Moving  <b>12:30 - 1:30</b> PIKNIC: Renal Toxicities Related to Cancer Care  <b>12:15-1:00</b> Little Yogis  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Singing Support Group</p>	<p><b>17</b></p> <p><b>10:30-11:30</b> Yoga for Health  <b>11:00-12:00</b> Making Music  <b>12:00-1:00</b> Laughter for Health  <b>1:00-4:00</b> Brief Relaxation Massages  <b>2:00-3:00</b> Therapeutic Group Drumming</p>	<p><b>18</b></p> <p><b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>2:00-3:00</b> Music for Health: Fight Fatigue! Create your personal power mix  <b>3:30-4:30</b> Qigong</p>	<p><b>19</b></p> <p><b>10:00-12:00</b> International Day of Yoga ACB2.1049 &amp; ACB2.1041 (call 713-745-4764 to register)</p>
<p><b>22</b></p> <p><b>8:45-11:45</b> Brief Relaxation Massages  <b>1:00-2:00</b> Pilates  <b>2:00-4:00</b> Expressive Arts: Chinese Ink Art: "Orchid"</p>	<p><b>23</b></p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath  <b>11:15-12:15</b> Get Moving  <b>12:15-1:00</b> Little Yogis  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Singing Support Group</p>	<p><b>24</b></p> <p><b>10:30-11:30</b> Yoga for Health  <b>11:00-12:00</b> Making Music  <b>12:00-1:00</b> Laughter for Health  <b>2:00-3:00</b> Therapeutic Group Drumming</p>	<p><b>25</b></p> <p><b>11:00-12:30</b> Active Surveillance Patient Support Group  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>2:00-3:00</b> Music for Health: Change your mood using your favorite music  <b>3:30-4:30</b> Qigong</p>	<p><b>26</b></p> <p><b>1:00-4:00</b> Brief Relaxation Massages</p>
<p><b>29</b></p> <p><b>8:45-11:45</b> Brief Relaxation Massages  <b>1:00-2:00</b> Pilates</p>	<p><b>30</b></p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds  <b>11:15-12:15</b> Get Moving  <b>12:15-1:00</b> Little Yogis  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Singing Support Group</p>	<ul style="list-style-type: none"> <li>• Following classes do not require pre-registration: Expressive Arts and Support Groups (with the exception of Singing Support Group)</li> <li>• 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.</li> <li>• Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.</li> <li>• A signed consent form is required to attend ALL Integrative Medicine group classes.</li> </ul>		

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

All classes in purple are part of Survivorship Week - for registration information, visit [www.mdanderson.org/survivorship](http://www.mdanderson.org/survivorship). Click "events" on the left side of the page.

# 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 one of our two locations:

- R1.2000, which is a free-standing facility east of the Main Building near valet
- Mays Building, 2nd floor, in front of the gift shop near Elevator T

## 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.

*For information on our Inpatient Services, please call 713-794-4700.*



**Survivorship Week  
June 1 - 7**

## Couples Coping with Cancer Together

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**Monday, June 1, 2015**

Registration: 6 – 6:30 p.m.

Talk: 6:30 – 7:30 p.m.



Cancer survivors share their story of working as a healthcare provider while being a cancer survivor at a Survivorship Week event last year.

Coping with cancer is hard enough. What happens when your partner also has a diagnosis? Join the Friends of Integrative Medicine to hear a group of three couples as they share their personal stories about how dealing with cancer together has affected their relationship.

### Location:

South Campus Research Building 2  
Conference Rooms 1, 2, 5, 6  
7455 Fannin Street, Houston, TX 77054

### Free Parking:

Enter parking lot from OST, between Fannin and Bertner. Go straight and the surface parking lot will be on your left. The event will be held in the building on your right.

Light hors d'oeuvres donated by Hippo Kitchen

**THE HIPPO KITCHEN** 

Free (event donations accepted at registration)  
RSVP Required

Email: [KMTaniguchi@mdanderson.org](mailto:KMTaniguchi@mdanderson.org)  
or call 713-794-4700