

# Inside Integrative Medicine

June 2021

FREE virtual group classes for MD Anderson patients and caregivers.

## A Plant-Centered Approach to Optimizing Nutrition During and After Cancer Care

By *Karla Crawford, MS, RD, LD & Sue Thompson, MS, RD*

### Why is nutrition important during or after cancer treatment?

Maintaining a healthy diet and body weight is important both during and after treatment. During treatment, a healthy diet supplies the body with fuel and nutrients for repair and healing. After treatment, eating a balanced diet can help reduce future cancer risk and maintain overall health.

A large proportion of cancer cases in the United States are preventable. It is estimated that one-third of some of the most common cancers and one-quarter of cancers overall are preventable through healthy dietary patterns and exercise. Additionally, one-third of cancer deaths are related to obesity and overweight, poor nutrition, and physical inactivity.

Research shows that a healthful diet rich in a variety of vegetables, fruits, whole grains and beans/legumes, low in red and processed meat, and an overall low glycemic load reduces cancer risk and is associated with improved outcomes for those with cancer.

Even if you already eat a healthy diet, it may be helpful to meet with a dietitian to talk about your current eating habits. Sometimes improvements or certain changes can be made for a better quality of life.

The integrative medicine center follows the American Institute for Cancer Research and the World Cancer Research Fund (AICR/WCRF) recommendations for cancer prevention. Our services can help you manage weight and change your diet in a healthy way. A consult may help you:

- Achieve and maintain a healthy body weight
- Create strategies to develop eating plans that are reasonable and sustainable
- Identify food sources of healthy nutrients and how to incorporate them into your everyday diet
- Develop techniques to improve awareness of what you eat
- Work with your family to help you reach your nutritional goals



## 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.

## Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Cost: \$55 per treatment.

View audio and video resources online:  
[www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

## 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.

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

### 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
<b>Yoga for Health</b> 10:30-11:30	<b>Cooking for Optimal Health</b> Noon - 1:00 (2nd Tues) <b>Connect &amp; Reflect with Music</b> 1:30-2:30	<b>Yoga for Health</b> 10:30-11:30 <b>Qigong</b> 11:00-Noon <b>Collage Studio</b> 1:30-3:00 (1st & 3rd Wed)	<b>Tai Chi</b> 11:00-Noon <b>Connect &amp; Reflect with Music</b> 1:30-2:30	<b>Yoga for Health</b> 10:30-11:30 <b>Journaling Workshop</b> 1:00-2:00 (1st & 3rd Fri)

### Class Descriptions:

**Tai Chi**- Find balance and strength through continuous flowing movements that link mind to body.

**Qigong**- Experience this ancient Chinese system of self-care using meditation, breathing, and movement.

**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.

**Collage Studio**- offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients.

**Journaling Workshop**- Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

## Summer Squash Salad

\*Dietitian's Note: This salad incorporates the ubiquitous summer squash and zucchini. This salad is packed with cancer fighting nutrients. Ingredients can be easily substituted. Not a fan of mint? Use cilantro or basil instead.

Serves 4

### Ingredients:

- 1 Squash
- ½ cup quinoa
- ¼ cup capers
- 2 tbsp olive oil
- 2 teaspoons honey
- ¼ cup roasted nuts (almond, walnut, pine nuts, sunflower seeds or pumpkin seeds)
- 1 zucchini
- ½ cup parsley, chopped
- 3 tbsp Dijon mustard
- 2 tbsp lemon juice
- ¼ cup fresh mint, leaves removed from stems and chopped

### Instructions:

1. Place uncooked quinoa in skillet and let roast for 3-5 minutes. Add ¾ cup water. Cover skillet and let quinoa simmer for 15 minutes until done.
2. Using a vegetable peeler slice long, thin slices of squash and zucchini. Put in a bowl and place to the side.
3. In a small bowl add lemon juice, olive oil, mustard and honey. Wisk until ingredients are blended.
4. Cover the squash and zucchini with the vinaigrette.
5. Add the quinoa, parsley, mint and nuts. Serve immediately for a warm dish or refrigerate and serve chilled.



\*Recipe courtesy of <https://www.countryliving.com/food-drinks/recipes/a34839/summer-squash-salad-herbs-quinoa-recipe-wdy0714/>