

Integrative Medicine Center

May 2015

Coping Techniques for Distress in Cancer Patients

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How do I cope with this? Shock, fear, anger, anxiety, distress, and sadness are just some of the common emotions a patient might feel after a cancer diagnosis.

Unfortunately, unmanaged chronic stress is associated with worse cancer outcomes and we know chronic stress can speed the aging process, increase your risk for heart disease, and can cause sleeping difficulties, digestive problems, and even depression. While we cannot always control the stressors we encounter in life, we can learn how to control our reactions to the stressors. So the good news is there are several ways to cope with distress that can be applied to daily life. Various techniques, many of which are offered at MD Anderson, are available to help adjust to a cancer diagnosis, including:

Psychotherapy/Talk therapy

Talk therapy is an effective way to deal with various emotions after a cancer diagnosis. Psychologists, psychiatrists, and social workers can provide evidenced based therapies, such as Cognitive Behavioral Therapy or Acceptance and Commitment Therapy. Cognitive Behavioral Therapy helps people to look at the relationship between thoughts, feelings, and behaviors. Through careful examination of these aspects, patients are taught how to engage in positive behavioral activities and to challenge their unnatural thinking patterns. Acceptance and Commitment Therapy teaches patients how to live a life of value despite uncomfortable thoughts and emotions and difficult life circumstances. These psychotherapies, among other forms of therapy, can lessen negative emotions, increase well-being, improve quality of life, improve sleep, increase positive growth, and decrease stress hormones and immune system dysregulation.

Relaxation Techniques

There are many relaxation strategies such as yoga, massage, music therapy, meditation, and guided imagery that can help patients turn off their flight-or-flight response (i.e., the stress response or the sympathetic nervous system) by activating the relaxation response (i.e., the parasympathetic nervous system). This in turn allows patients to calm their thoughts and decrease their distress. These strategies reduce stress, improve mood and many aspects of quality of life, as well as helping to better regulate stress hormones and other biological processes relevant to health and well-being.



Physical Activity

Physical activity can also support you when dealing with distress. As you exercise, your body's natural feel-good chemicals, or endorphins, are released. This can help you cope better, decrease stress and anxiety, and think more clearly. Physical activity can also help to boost energy, improve sleep, and increase immune function.

Behavioral Activation

Behavioral activation, or engaging in activities that you find to be pleasurable, meaningful, or provide you with a sense of accomplishment, may also help in dealing with distress. Often, once patients have a cancer diagnosis their life seems to become the cancer diagnosis. You are not your cancer. As much as you are able, continue to engage in activities you enjoy, whether it is spending time with loved ones, going to church, journaling, or volunteering. Having cancer may give you the push to do things you did not do before. Maybe now is the time to take that trip you have been putting off or call the friend that you lost touch with. Life is precious and cancer seems to put everything in perspective.

Health Psychology may be beneficial to patients experiencing psychosocial distress or who wish to work on lifestyle changes. To make an appointment for health psychology at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request or call 713-794-4700.

The Integrative Medicine Center also offers classes ranging in activity level (see page 3), provides an opportunity for exercise counseling with a physical therapist, as well as options for learning different relaxation techniques. Additional areas covered by other psychologists at MD Anderson include pain, female sexual health, smoking cessation, body image, supportive care, social work, psychiatry and pediatrics.

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

May 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Following classes do not require pre-registration: Expressive Arts and Support Groups (with the exception of Singing Support Group) • 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. • A signed consent form is required to attend ALL Integrative Medicine group classes. 				1 11:30-12:45 Yoga (Hatha)
4 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates 2:00-4:00 Expressive Arts	5 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:00-12:00 Metastatic Breast Cancer Support Group (ACB2.1049B) 11:15-12:15 Get Moving 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	6 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group	7 10:30-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039) 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	8 11:30-12:45 Yoga (Hatha)
11 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates	12 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Patient Resources at MD Anderson 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	13 10:00-11:00 Nutrition Lecture 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer Support Group	14 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Decrease stress with music 3:30-4:30 Qigong	15 1:00-4:00 Brief Relaxation Massages
18 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates 2:00-4:00 Expressive Arts	19 9:30-11:00 Tibetan Bon Meditation: Movement & Breath 11:15-12:15 Get Moving 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	20 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	21 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix 3:30-4:30 Qigong	22 11:30-12:45 Yoga (Hatha)
25 Closed for Holiday	26 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Nutrition and Fitness During Cancer Treatment 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	27 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 11:30-12:30 Cooking for Optimal Health 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming	28 11:00-12:30 Active Surveillance Patient Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	29 11:30-12:45 Yoga (Hatha) 1:00-4:00 Brief Relaxation Massages

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

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 our clinic at R1.2000, which is a free-standing facility east of the Main Building near valet.

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.

Friends of
Integrative Medicine
proudly presents

The Effectiveness of Integrative Therapies on Pain and Anxiety

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Monday, May 18, 2015

Registration: 6 – 6:30 p.m.

Talk: 6:30 – 7:30 p.m.



Speakers: **Michael Richardson, MT-BC** and
Ingrid Moeller, MA, MT-BC

Music Therapists, Integrative Medicine Center
The University of Texas MD Anderson Cancer Center,
Houston, TX

Enjoy and experience how music therapy is put into practice! Integrative Medicine Center music therapists will lead the audience through a series of music therapy exercises designed to promote wellness, express feelings, manage stress and more.

Location:

South Campus Research Building 2
Conference Rooms 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

Questions: KMTaniguchi@mdanderson.org