Integrative Oncology Breast Cancer Guidelines: What You Need to Know

By: Lorenzo Cohen, PhD, Director, Integrative Medicine Program and Debasish Tripathy, Chair, Breast Medical Oncology

Pink is the star of October in honor of Breast Cancer Awareness Month.

There are now close to 3 million breast cancer survivors in the United States, the majority of whom use some type of integrative medicine treatment including mind-body practices such as meditation, yoga, and other forms of stress management, acupuncture, massage, and herbs or supplements to name a few, alongside engaging in healthy diet and exercise but very little guidance is available as to which of these approaches are effective and in what situation they are best applied. The Society for Integrative Oncology (SIO) recently released clinical practice guidelines for the appropriate use of integrative medicine to improve quality of life and clinical outcomes of breast cancer survivors. The guidelines appear in a special issue of the Journal of the National Cancer Institute Monograph dedicated to integrative oncology.

The Society for Integrative Oncology’s mission is to advance evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer. The new guidelines are designed to inform clinicians, patients and researchers of the state-of-the-science regarding the evidence-base for the use of complementary and integrative therapies for patients with breast cancer.

The guidelines were developed using the Institute of Medicine’s process, which involves the systematic review of randomized controlled trials that tested the use of integrative therapies for breast cancer patients. The trials were only included if the majority of the participants had breast cancer and/or the breast cancer patient results were reported separately and outcomes were clinically relevant.

Strong evidence was indicated by a Grade A, while a Grade B had lower levels of evidence, but could still be recommended with proper guidance on the pros and cons of the treatment. Grade C indicated that a large body of evidence is not available to support the use of that treatment for patients with breast cancer. Here is what you need to know.

Strong evidence (Grade A) supports the use of behavioral therapies (e.g., meditation, music therapy, and yoga) to improve mood issues such as depression or anxiety, or simply to relieve stress. Oncology massage (Grade B) showed evidence to improve mood, as well as conserve energy when it came to treatment-related fatigue. Acupuncture (Grade C) can be considered for treating anxiety concurrent with ongoing fatigue, and no studies showed a negative effect. There is promising evidence on the use of acupuncture for nausea, fatigue, anxiety, pain and quality of life.

Some herbs and supplements (Grade C) have limited evidence when it comes to short-term effects, but there is not enough data on long-term safety and toxicity outcomes available. Natural products are being evaluated for different symptoms, such as ginseng for fatigue and ginger for nausea, but further research is needed. However, caution is recommended when it comes to taking herbs or supplements and is best guided by a health care professional as many possess biological activity that could cause unknown side effects and could interact with standard drugs. The field of integrative oncology represents a high priority for research as the overarching goal is to identify safe and effective integrative and conventional therapies to address unmet patient needs.

Here are some key takeaways to the breast cancer guidelines:

1. Discuss options with your physician. Clinicians and the patient should share decision-making approaches such as cost, possible side effects and the effort involved when assessing the risk-benefit ratio for each therapy.
2. Specific considerations must be taken into account such as stage of disease, overall goal of therapy and the potential for interactions.
3. Integrative approaches are best used in coordination with the patient’s primary care team and should be fully communicated to all healthcare providers involved in the patient’s care.
4. Responses to integrative treatments can differ. Patients should discuss the impact of these treatments and any adverse effects with their physician.

The Integrative Medicine Center provides many individual clinical services, which can be found on page 4. A physician’s order is required before scheduling any of these services. For additional information about Integrative Medicine at MD Anderson, please visit www.mdanderson.org/integrativemed.
**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 Classes**
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.

- **At the Table**
Learn to prepare recipes from MD Anderson’s “At the Table” online cookbook, emphasizing quality recipes that can be enjoyed by the entire family.

**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.

### Mind-Body

**Music for Health and Relaxation**
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.

### Social

**The Celebration Singers**
Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you!

**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.

**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.

*Activity Level:* ❌ = Gentle  🌟 = Active  🌟🌟 = Very Active

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**For kids!** Activities for pediatric inpatients and outpatients ages 3-12 years and their caregivers.

**Little Yogs**
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.**

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

### 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

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>1.00-12.00</strong></td>
<td><strong>Making Music</strong></td>
<td><strong>10.30-12.00</strong></td>
<td><strong>11.30-12.45</strong></td>
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<td><strong>1</strong></td>
<td><strong>12.00-1.00</strong></td>
<td><strong>Laughter for Health</strong></td>
<td><strong>Look Good, Feel Better</strong></td>
<td><strong>Yoga (Hatha)</strong></td>
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<td><strong>1</strong></td>
<td><strong>2.00-3.00</strong></td>
<td><strong>Therapeutic Group Drumming</strong></td>
<td><strong>Endometrial Cancer Support Group</strong></td>
<td><strong>Brief Relaxation Massages</strong></td>
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<tr>
<td><strong>1</strong></td>
<td><strong>5.00-7.00</strong></td>
<td><strong>Spine Support Group</strong></td>
<td><strong>Laughter for Health</strong></td>
<td><strong>Brief Relaxation Massages</strong></td>
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**Note:**
- Following classes do not require pre-registration: Expressive Art and Support Groups.
- 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.
- 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.

**October 2014**

**Website:** [www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

**Phone:** 713-794-4700
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 two events

Learning to Live the Anticancer Life
Monday, October 20, 2014
Registration: 6–6:30 p.m. • Talk: 6:30–7:30 p.m.

Lorenzo Cohen, PhD
Director, Integrative Medicine Program
Come hear our Program Director discuss the science, research, and practical recommendations on how to lower your risks of cancer and improve outcomes for those touched by cancer. Enjoy some hands-on activities from our own Integrative Medicine Center practitioners.

Location: The Jesse H. Jones Rotary House (1600 Holcombe Blvd.), RHI1.202ab
Valet parking available at Rotary House or public parking available in Garage 10

Stress and Cancer: From Science to Personal Perspective
Saturday, October 25, 2014
Registration: 5–5:30 p.m. • Talk: 5:30–6:30 p.m.

Sonia Lupien, PhD
Director and founder Centre for Studies on Human Stress
Hear expert Dr. Sonia Lupien discuss the science behind stress, our biology, and illness. She will discuss the importance of reducing stress in our lives and provide practical tips to cope with stress.

Location: South Campus Research Building 2, Conference Rooms 5–6, 7455 Fannin Street
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.

The Hippo Kitchen is a proud supporter of the Friends of Integrative Medicine

Free, with suggested donation
RSVP Required
Email: KMTaniguchi@mdanderson.org or call 713-794-4700