

Inside Integrative Medicine

October 2015

See pages 2-3
for information
on FREE group classes
for patients, caregivers,
and anyone touched
by cancer.

Compassion: The Heart of Healthcare

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Compassion and healthcare have not always gone hand in hand, but many strides have been made to incorporate compassion in medicine. Compassion can come in the form of a healthcare provider delivering care to a patient, or a caregiver offering care to their loved one or friend. From its Latin origin “*compati*” means “to suffer with” (com - “together” or “with” and pati - “to suffer”).

The first step in compassion is often the feeling of empathy toward those who suffer, which in turn produces the genuine desire to help. This desire to alleviate suffering to enhance welfare is at the heart of healthcare and health-*caring*. Thus, compassion is the ability to be there for someone who is suffering with the intention of enhancing their welfare.

Research—The latest advances in psychotherapy, such as Acceptance Commitment Therapy and Compassion Focused Therapy, and research testing compassion-based meditation techniques give great priority to compassion in the therapeutic process. A recent analysis of 14 studies revealed compassion, including self-compassion, is a significant predictor of emotional wellbeing and resiliency. In the cancer setting, eight sessions of compassion-based meditation training for breast cancer survivors reduced depression and fatigue and improved functional impairment due to fear of recurrence.

Moreover, compassion is vital in delivering cancer care to patients and their families. Recent research published in *JAMA Oncology* by Eduardo Bruera, M.D. and his team at MD Anderson demonstrated patients’ trust in their physician is significantly associated with how much compassion the physician showed during their interactions with patients.

Tips to Practice Compassion—Meditation is a mind-body practice that can help you decrease anxiety, improve sleep, relax the body and access a deeper awareness through connecting your mind, body and heart. It can help you self-regulate; therefore, allowing you to remain present, effective and compassionate.

Here is a quick, takeaway technique to allow you practice compassion in your daily life:

Joan Halifax, Ph.D., has done extensive work on compassion in healthcare. She developed the mnemonic **G.R.A.C.E.** to highlight five key steps in the cultivation of compassion.

- Gather attention, by being focused and balanced.
- Recall intention and motivation.
- Attune to your body and mind.
- Consider what will serve.
- Engage, and conclude. In other words, in order to engage fully in a compassionate interaction, one needs to start by learning how to connect more fully with oneself.

Even the simple act of focusing your intentions while washing your hands can be one practical way to start implementing the G.R.A.C.E. model in your life.

Resources available at MD Anderson—Whether you are a patient, a caregiver, or anyone touched by cancer, MD Anderson Cancer Center has many resources available. Taking part in a support group, meditation, other mind-body class or even a spiritual support group are all ways to enhance compassion and promote self-care. We welcome you to take advantage of these many free classes available through the Integrative Medicine Center (*see complete listing on page 3*).

Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

Physical



Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



Get Moving

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



Gardening 101

Join expert instructors from Urban Harvest for a lesson on gardening basics. Learn to plan, nurture, and harvest vegetables so that you can experience the benefits of gardening at your own home.



Tai Chi

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



Shape-Up Circuit*

A fitness class designed to improve body composition by increasing muscle strength and burning calories. Led by the Integrative Medicine Physical Therapist, this class will follow a "circuit" format, with different exercises at each station. Suitable for any fitness level. Please bring a water bottle.

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!



Yoga for Health

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.



Qigong

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

Social



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! Pre-registration is not required.

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. Pre-registration is not required.

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. Pre-registration is not required.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

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
- * Following classes do not require pre-registration: Expressive Arts, PIKNIC, and Support Groups (with the exception of Singing Support Group)

October 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 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! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	2
5 8:00-12:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:00-3:00 Expressive Arts: Chinese Ink Art- Bamboo	6 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	7 10:30-11:30 Yoga for Health 11:00-12:00 Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group*	8 11:00-12:00 Breast Cancer Support Group* 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Decrease stress with music 3:30-4:30 Qigong	9
12 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	13 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	14 10:30-11:30 Yoga for Health 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer Support Group	15 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:00-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix	16
19 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	20 9:30-11:00 Tibetan Bon Meditation: Movement and Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	21 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	22 11:00-12:00 Active Surveillance Patient Support Group* 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Decrease stress with music 3:30-4:30 Qigong	23
26 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Calligraphy- 5 elements of fire, water, earth, wood and metal	27 9:30-10:30 Tibetan Bon Meditation: Power of Breath 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Breast Cancer Risks and risk Reductions 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	28 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	29 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	30

All classes are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

Individual Outpatient 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
- Visit our website <http://www.mdanderson.org/integrativemedcenter>
- Visit one of our **2 outpatient locations**:
 - **Main Clinic:** R1.2000, a free standing facility east of the Main Building near valet
 - **Mays Clinic:** 2nd floor near elevator T

Main Clinic Services

Integrative Oncology Consultation

Our physicians and advanced practice providers can give guidance on achieving a comprehensive and integrative approach to your cancer care.

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.

Mays Clinic Services

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.

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.

Compassion Training as a Path to Physical Health and Emotional Well-Being

Increasing scientific evidence suggests that with practice compassion can be trained. This talk will highlight the research conducted on the potential emotional and physical health benefits of compassion meditation.



Charles Raison, M.D.
Associate Professor of
Psychiatry and Family
Consumer Sciences
University of Arizona
College of Medicine
Tucson, Arizona

Monday, October 19

Registration: 6 - 6:30 p.m.

Talk: 6:30 - 7:30 p.m.

Location:

South Campus Research Building 2,
Conference Rooms 5 - 6,
7435 Fannin Street, Houston, TX 77054

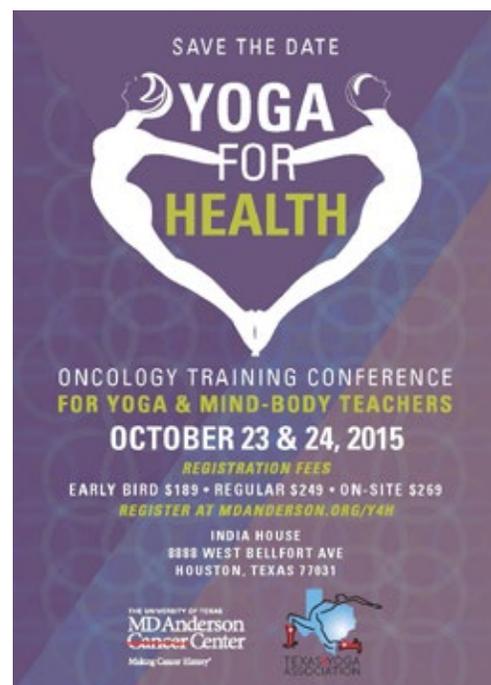
Free (event donations accepted at registration)

RSVP required: KMTaniguchi@mdanderson.org
or call 713-794-4700

Light hors d'oeuvres donated by Hippo Kitchen

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



SAVE THE DATE

YOGA FOR HEALTH

ONCOLOGY TRAINING CONFERENCE
FOR YOGA & MIND-BODY TEACHERS
OCTOBER 23 & 24, 2015

REGISTRATION FEES
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REGISTER AT MDANDERSON.ORG/YAH

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8888 WEST BELLFORT AVE
HOUSTON, TEXAS 77031

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