

# Inside Integrative Medicine

September 2015

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

## Planting the Seeds for a Healthy Lifestyle

By: David Renninger, Facilities Project Manager



**The Healthy Living Garden** – Between the towering buildings and bustling intersections of MD Anderson’s sprawling urban campus lies a hidden world of respite, one of verdant foliage, flowers, fountains, and even a VEGETABLE GARDEN. This produce patch, called the Healthy Living Garden, serves a very important role to connect patients, caregivers, and employees on topics such as cancer prevention, nutrition, and improved health and wellness by following the whole food, plant-based diet recommendations.

**Nutritional Knowledge**– Envisioned by a team of MD Anderson employees, the Healthy Living Garden provides an opportunity to learn about the nutritional and cancer-fighting benefits of herbs and vegetables that can be grown in your own gardens, or found in the produce section of your local grocery store. The garden produces seasonal crops suitable for the Houston climate, while garden signage informs patients about specific health benefits from different color families of vegetables. For example, yellow/orange colored veggies like carrots and sweet potatoes, contain antioxidants (like vitamin C and carotenoids) and fiber to support health.

**Hands-on Learning**–Knowing about vegetables is one thing, but putting that knowledge to practical use is another. That’s why licensed dietitians at MD Anderson utilize Healthy Living Garden produce in their Cooking for Optimal Health classes. Here, our licensed dietitians instruct classes on preparing recipes consistent with the whole food, plant-based diet. The classes are free of charge and each participant receives the class recipes as well as food samples (see page 3 for class times).

**Gardening 101 Class**–Empowering people to make their own healthy choices is a goal of the Healthy Living Garden. To foster this, MD Anderson has teamed up with Urban Harvest, a non-profit organization that encourages community, good nutrition and sustainability through the teaching and support of organic gardening. Four times a year, instructors from Urban Harvest teach gardening classes at MD Anderson, providing instructional materials and encouragement for participants to try gardening on their own. Classes are structured and follow a seasonal approach:

- October – Introduction to gardening
- January – Seasonal fruits and vegetables
- April – Transition into spring and summer
- June – Introduction to gardening (repeat)

**Restorative Effects**–While nutrition education opportunities are bountiful in the Healthy Living Garden, David Renninger, facilities project manager, is quick to point out other benefits of the garden: “The garden is also a destination that provides a positive distraction for people to escape the burdens of cancer care and treatment.” Visiting the garden helps patients regain a sense of control and privacy, while interpretive signage offers a learning or discovery experience.

The act of gardening itself also benefits your health by providing opportunities for increased physical activity, stress relief and relaxation, and improved mental health. Gardening connects people with nature on a human scale and passively elicits these hidden, and sometimes surprising restorative effects.

**Learn More**–Do you want to learn more about gardening? Visit the Levitt Family Learning Center at Mays Clinic and check out book titles on a wide range of gardening topics, from the mind-body benefits to healthy plant-based recipe books and local gardening guides.

Beyond the walls of MD Anderson, Urban Harvest welcomes you to visit one of their weekly farmers markets or get involved with a community garden. For more information visit their website at [www.urbanharvest.org](http://www.urbanharvest.org).

# Outpatient 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 for Optimal Health\***

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. 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.



### **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)

# September 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath <b>11:15-12:15</b> Get Moving <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Singing Support Group	<b>2</b> <b>10:30-11:30</b> Yoga for Health <b>11:00-12:00</b> Metastatic Breast Cancer Support Group* (Location: ACB2.1049 Side B) <b>12:00-1:00</b> Laughter for Health <b>1:00-5:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Therapeutic Group Drumming <b>5:00-7:00</b> Spine Support Group*	<b>3</b> <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>12:30-1:30</b> Shape-Up Circuit <b>2:00-3:00</b> Music for Health: Change your mood using your favorite music <b>3:30-4:30</b> Qigong	<b>4</b>
<b>7</b> <b>Closed for Labor Day Holiday</b>	<b>8</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds <b>11:15-12:15</b> Get Moving <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Singing Support Group	<b>9</b> <b>10:00-11:00</b> Nutrition Lecture <b>10:30-11:30</b> Yoga for Health <b>12:00-1:00</b> Endometrial Cancer Support Group* <b>12:00-1:00</b> Laughter for Health <b>1:00-5:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Therapeutic Group Drumming <b>6:00-7:30</b> Ovarian Cancer Support Group*	<b>10</b> <b>11:00-12:00</b> Breast Cancer Support Group* <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! * <b>12:30-1:30</b> Shape-Up Circuit <b>2:00-3:00</b> Music for Health: Decrease stress with music <b>3:30-4:30</b> Qigong	<b>11</b>
<b>14</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>1:00-2:00</b> Yoga for Health	<b>15</b> <b>9:30-11:00</b> Tibetan Bon Meditation: Movement & Breath <b>12:30-1:30</b> PIKNIC: Beyond Curb Appeal: The Restorative Effects of Gardens* <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Singing Support Group	<b>16</b> <b>10:30-11:30</b> Yoga for Health <b>12:00-1:00</b> Laughter for Health <b>1:00-5:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Therapeutic Group Drumming	<b>17</b> <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! * <b>12:00-1:30</b> Gardening101 <b>2:00-3:00</b> Music for Health: Fight Fatigue! Create your personal power mix <b>3:30-4:30</b> Qigong	<b>18</b>
<b>21</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: Chinese Ink Art- Water Lily*	<b>22</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath <b>11:15-12:15</b> Get Moving <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Singing Support Group	<b>23</b> <b>10:30-11:30</b> Yoga for Health <b>11:30-12:30</b> Cooking for Optimal Health <b>12:00-1:00</b> Laughter for Health <b>1:00-5:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Therapeutic Group Drumming	<b>24</b> <b>10:30-12:00</b> Active Surveillance Patient Support Group* <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! * <b>12:30-1:30</b> Shape-Up Circuit <b>2:00-3:00</b> Music for Health: Decrease stress with music <b>3:30-4:30</b> Qigong	<b>25</b>
<b>28</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>9:00-11:00</b> Day of Wellness Resource Fair (Clark Clinic Lobby) <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: Chinese Calligraphy- Love, Happiness, Good Fortune, Energy & Spirit.*	<b>29</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds <b>11:15-12:15</b> Get Moving <b>12:30-1:30</b> PIKNIC: Living with Metastatic Cancer* <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Singing Support Group	<b>30</b> <b>10:30-11:30</b> Yoga for Health <b>1:00-5:00</b> Brief Relaxation Massages <b>2:00-3:00</b> Therapeutic Group Drumming		

All classes in blue 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:
  - 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 Physician Consultation

Our physicians will provide guidance on 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.

### 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.

### 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.

## Friends of Integrative Medicine

exists to raise awareness within MD Anderson and the larger Houston community of the important role complementary and integrative medicine can play in cancer prevention and in helping those with cancer live better and longer.

### Why Support Us?

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Cancer is the #1 cause of death worldwide.

...

One in 2 men and 1 in every 3 women will develop cancer over the course of their lifetime.

...

Over one third of cancer cases could be prevented and outcomes improved with an integrative approach including lifestyle changes such as diet, physical activity, maintaining a healthy weight, and stress management.

### Become a Member Today

Contact Kira Taniguchi at [KMTaniguchi@mdanderson.org](mailto:KMTaniguchi@mdanderson.org) for membership information.



**The Fountain of Joy, which stands in front of the Integrative Medicine Center, was donated by longtime Friend of Integrative Medicine member and patient Joyce Arrington Smith.**