Research emerging over the past 20 years has indicated that being more physically active has multiple benefits for cancer patients and survivors, such as decreasing fatigue, increasing the ability to do everyday tasks, and improving quality of life. But the question that is often foremost in the minds of many people with cancer is “Will being more physically active improve my prognosis?” While there are still no randomized clinical trials to provide conclusive evidence that physical activity can reduce the risk of cancer recurrence or cancer-related death, there is growing evidence from observational studies and trials investigating the effect of exercise on cancer-related biomarkers indicating that physical activity may play a role in reducing the risk of cancer-related death.

A recent systematic review published in the Journal of the National Cancer Institute by Ballard-Barbash et al.,* analyzed this evidence. The authors identified 27 observational studies examining the relationship between physical activity and cancer mortality in cancer survivors; 17 of these studies addressed the physical activity/mortality association in breast cancer survivors. The evidence from these studies is fairly consistent; breast cancer survivors with higher levels of physical activity have a lower risk of breast cancer related mortality. The evidence of lower cancer mortality with higher levels of physical activity is also compelling for colon cancer. For other cancer sites there are not enough studies to draw firm conclusions, yet the existing data is consistent; being physically active is associated with better outcome.

A number of trials have examined the effects of exercise on cancer relevant biomarkers and the results provide some evidence of the effectiveness of exercise in influencing biological pathways. For example, five studies examined the effect of exercise on the insulin pathway, and four found exercise influenced this key pathway. However, the results were not always consistent; different studies reported effects on different biomarkers in the insulin pathway. More studies are needed to determine if exercise can modify cancer-related biomarkers.

The question of whether increased physical activity improves cancer prognosis is just beginning to be answered, and many early indications are positive! But even before the question is answered definitively it’s important to remember that exercise has multiple benefits, from improving your mood and fatigue to decreasing your risk of other chronic diseases. So this much is clear...cancer survivors should keep moving!

* Physical activity, biomarkers, and disease outcomes in cancer survivors: a systematic review.
**Physical**

**Guest Chef** – Local chefs demonstrate their cooking skills and provide tasty samples for the audience. Clinical Dieticians also discuss the nutritional component of the recipe.

**Nutrition Lecture** – Learn about the special nutritional needs for cancer patients, information on organic foods, and more.

**Nia: Body Energizer** – Explore this gentle, yet lively, restorative movement class. The class incorporates techniques from yoga, tai chi, and Nia dance (play).

**Pilates** – Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment and overall flexibility.

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

**Mind-Spirit**

**Exploring Music for Relaxation** – Learn relaxation techniques using recorded music.

**Kundalini Yoga Meditations for Specific Symptoms** – Learn to use various combinations of breath work, sound, and meditative focus to alleviate specific symptoms.

**P.I.K.N.I.C.** – An educational forum for patients, caregivers, family members, volunteers, faculty and staff who want to learn more about issues relevant to cancer.

**Tibetan Bon Meditation** – Learn to relax and access a deeper awareness through connecting your mind, body, and heart through practices of breath and sound.

**Yoga (Hatha)** – Stretch your mind as well as your body by learning the postures, breathing exercises, and meditation.

**Yoga (Kundalini)** – Explore this spiritual and meditative practice that increases flexibility, brings emotional balance, mental clarity, stress relief and personal transformation.

**Qigong** – Experience this ancient Chinese system of self care using meditation, breath, and movement to balance the body’s energy flow.

**Social**

**The Celebration Singers** – Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you! Please contact Michael Richardson at 713-563-0858 for rehearsal information.

**Expressive Arts** – Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more! Underwritten by COLLAGE: The Art for Cancer Network

**Laughter for Health** – A blend of deep breathing, stretching, and simulated laughter exercises that may help reduce stress, depression and more.

**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.

Visit mdanderson.org/CIMER to check out the videos on our Multimedia page including:

- Chemobrain: Is It Real?
- Aromatherapy: It Makes Sense for Cancer Patients
- Gentle Chair and Bedside Yoga
- Safe Massage Techniques for the Cancer Patient
- Tibetan Bon Meditation
- plus much more!

Please call 713-794-4700 to sign up for a class.

ALL CLASSES ARE FREE.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>1 11:00-12:00: Breast Cancer Support Group 12:00-1:00: Caregivers: I’ve Feelings, Too! 3:30-4:30: Qigong</td>
<td>11:30-1:00: Look Good, Feel Better (Must pre-register at 713-792-6039) 1:00-1:00: Caregivers: I’ve Feelings, Too! 3:30-4:30: Qigong</td>
<td>11:30-12:45: Yoga (Hatha)</td>
<td>11:30-12:30: Nia Body Energizer 1:00-2:00: Pilates 3:00-4:00: Exploring Music for Relaxation</td>
<td>11:30-12:30: Endometrial Cancer Support Group 12:00-1:00: Breast Cancer Support Group 2:00-4:00: Expressive Arts COLLAGE 3:00-4:00: Nia Body Energizer 5:00-7:00: Spine Tumor Support Group</td>
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<td>6</td>
<td>7 9:30-10:30: Tibetan Bon Meditation: The Power of the Breath 11:00-12:00 Cognitive Behavior Therapy for Depression and Anxiety 3:30-4:30: Tai Chi</td>
<td>8 10:00-11:00: Yoga (Kundalini) 12:00-1:00: Endometrial Cancer Support Group 3:00-4:00: Nia Body Energizer 6:00-7:30: Ovarian Cancer Support Group</td>
<td>9 11:00-12:00: Breast Cancer Support Group 12:00-1:00: Caregivers: I’ve Feelings, Too! 3:30-4:30: Qigong</td>
<td>10 11:30-12:45: Yoga (Hatha)</td>
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<td>13 11:30-12:30: Nia Body Energizer 3:00-4:00: Exploring Music for Relaxation</td>
<td>14 9:30-10:30: Tibetan Bon Meditation: Sacred Sounds 12:00-1:00: PIKNIC 3:30-4:30: Tai Chi</td>
<td>15 10:00-11:00: Yoga (Kundalini) 12:00-1:00: Laughter for Health 2:00-4:00: Expressive Arts COLLAGE 3:00-4:00: Nia Body Energizer</td>
<td>16 12:00-1:00: Caregivers: I’ve Got Feelings, Too! 12:00-1:00: PIKNIC: Fear of Recurrence 3:30-4:30: Qigong</td>
<td>17 10:00-11:00: Kundalini Meditation Techniques for Specific Symptoms</td>
</tr>
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<td>20 11:30-12:30: Guest Chef 11:30-12:30: Nia Body Energizer 1:00-2:00: Pilates 3:00-4:00: Exploring Music for Relaxation</td>
<td>21 9:30-10:30: Tibetan Bon Meditation: The Power of the Breath 12:00-1:00: PIKNIC: Patient and Caregiver Resources at MD Anderson 3:30-4:30: Tai Chi</td>
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</tbody>
</table>

Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.
Individual Clinical Services

Please ask your MD Anderson physician to submit an online consultation request if you would like to schedule these services. For additional details, please call 713-794-4700.

Integrative Oncology

Physician Consultation

Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care. Most insurance plans will cover the cost of your 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 & vomiting, pain, neuropathy, hot flashes, fatigue, dry mouth. Services are by appointment and limited to MD Anderson patients. Our fees are:
- Initial Assessment & First Treatment – $80.00
- Each Follow-up Treatment – $65.00

Oncology Massage

Massage therapy may help patients relax and improve sleep quality. It may also relieve fatigue, pain, anxiety, and nausea. Services are by appointment for patients and their caregivers. Our fees are:
- Inpatient Brief Relaxation bedside massage limited availability - NO COST
- Assessment & massage ½ hour–$30.00; One hour–$60.00

Music Therapy

Benefits of Music Therapy include: relaxation, creating calming environments, encouraging self expression, reducing stress, improving coping skills, and implementing protocols to improve cognitive, motor, communication and socialization skills. There is NO COST for this service.

Nutritional Consultation

Nutritional counseling to help you assess, plan, and reach nutritional goals with an emphasis on cancer prevention and control and an overall healthy lifestyle based on whole foods. There is NO COST for this service.

Meditation Consultation

Learn to relax and access a deeper awareness through connecting your mind, body, and heart through practices of breath and sound. There is NO COST for this service.