Music Therapy can Help with Symptoms

For many people, music is a powerful tool that connects them to their emotions and unites them with others. That is why music can be an effective form of therapy.

The use of music as a therapeutic tool in health and medicine dates back to ancient times. In modern Western medicine, music therapy has been available since the 1950s and is now often incorporated into conventional medicine care. Music therapy is a common modality used in hospital settings as part of complementary and integrative medicine programs. It is also a key therapeutic tool used within most integrative medicine programs at large cancer centers around the nation.

When used in conjunction with conventional cancer treatments, music therapy has been found to help patients promote a better quality of life; better communicate their fear, sadness, or other feelings; and better manage stress, while alleviating physical pain and discomfort.

The Integrative Medicine Center provides music therapy for children and adult inpatients, outpatients and their families. Our board certified music therapists Michael Richardson, MT-BC and Ingrid Sevy, MT-BC provide individual and group sessions, using passive listening or actively playing various musical instruments. No previous musical experience is required.

The group sessions offered at the Center include Exploring Music for Relaxation, where a music therapist guides participants to learn relaxation techniques through live and recorded music. The session is offered every Wednesday from 11-12pm at the Mays Clinic location. In addition to this Michael leads a support group and choir for adult cancer

New Urology Discussion Group

The Urology Discussion Group is a new monthly support group provided to patients and their caregivers who are dealing with the following cancer diagnoses: prostate, bladder, kidney, penile, testicular and other urological cancers.

This group provides a place for people to connect with others going through similar situations. Tena Gardiner, LCSW, Sr. Social Work Counselor for the group shares, “There are many reasons to join a support group, but the most important reason is: obtaining support while weathering the emotional storm that is sometimes associated with a cancer diagnosis.”

The group will meet on the first Friday of each month from 12-1pm at the Integrative Medicine Center, Mays Clinic location. Lunch will be provided for the first 10 attendees. For more information call 713-792-6195 or visit mdanderson.org/socialwork for a full list of support groups.
Music Therapy can Help with Symptoms ... continued from page 1

survivors and caregivers called The Celebration Singers. The group's purpose is to make beautiful music, to have fun and provide inspiration to the newly diagnosed as well as the long-term survivor. The singers perform at MD Anderson and also at events that support cancer survivorship throughout the community.

Recent studies have shown that group singing has positive impacts on improving mood, coping strategies, pain management and other health benefits. One of the long term members writes of her cancer diagnosis and experience with the singers, “I went through it all with the Celebration Singers by my side. We met at MD Anderson every Tuesday evening and sang. This experience gave me a sense of healing on the inside of my physical body and in my heart and spirit, too.”

Music therapy is offered at no cost through the Integrative Medicine Center. Interested people can self-refer, or be referred by appropriate hospital staff. Call 713-794-4700. For more information visit mdanderson.org/integrativemed. You can also find more articles related to Integrative Medicine at Cancerwise, MD Anderson's cancer news and insights blog. Learn more at www.cancerwise.org.

Special Lecture: Mindfulness Training in the Treatment of Mood and Disorders

Please join us for a special lecture by Zindel V. Segal, Ph.D., C.Psych., a specialist in depression and an advocate for the relevance of mindfulness-based clinical care in psychiatry and mental health. Dr. Segal is a professor in the departments of psychiatry and psychology at the University of Toronto and the Cameron Wilson Chair in Depression Studies. He is also director of the Cognitive Behaviour Therapy Unit at the Centre for Addiction and Mental Health, and director of the psychotherapy program in the department of psychiatry. His research has helped to characterize psychological markers of relapse vulnerability to affective disorder.

Integrative Medicine Program Special Lecture: “Mindfulness Training in the Treatment of Mood Disorders” Zindel V. Segal, Ph.D., C.Psych. Thursday, March 24, 2011 3:00 pm – 4:00 pm Onstead Auditorium For more information call Felicia Stephens at 713-745-3206

Join the SCOPE Run to Prevent Colorectal Cancer

March is National Colorectal Cancer Awareness Month and we invite you to enjoy a healthy run for a good cause by participating in the 6th Annual SCOPE (Sprint for Colorectal Oncology Prevention and Education) Fun Run, March 26, 2011.

Colorectal cancer is the third most common cancer type in both men and women and the second leading cause of cancer death, even though it is highly preventable. Thanks to increased screening and treatment advances, the death rate from colorectal cancer has declined. Still, less than 50% of people eligible for regular screenings actually have it done. Colorectal cancer screening can help save lives. SCOPE invites you to partner with us to build awareness, promote education and celebrate survivorship! For more information, e-mail scope@mdanderson.org.
Integrative Medicine Program

Patient Care – The Integrative Medicine Center provides all patient services in two locations and inpatient services are also available. Our complementary therapies are used together with standard of care to manage symptoms like pain or nausea, relieve stress and enhance quality of life.

The Integrative Medicine Center Medical Director, Richard T. Lee, MD, provides a consultation service to provide advice for patients who wish to pursue an integrative approach to cancer care. He also meets regularly with a team of professionals who have experience in conventional approaches as well as integrative treatments. If you would like to schedule an appointment with Dr. Lee, you must first ask your MD Anderson physician to submit an online consultation request.

The Integrative Medicine Center is open to current and former cancer patients, their family members and caregivers, regardless of where their treatment is or has been given. This clinical care center provides services to enhance cancer care and quality of life by creating comprehensive and integrative approaches that focus on the mind, body, and spirit. Free group programs like aromatherapy, nutrition lectures, cooking demonstrations, guided imagery, meditation, yoga, tai chi, music therapy and more are offered at our Mays Clinic location. We also offer massage and acupuncture for a nominal fee.

Education – We provide authoritative, accurate and current information to health care professionals and patients. We bring world-renowned speakers to our institution and partner with Houston-area medical schools. Observers, interns and visitors are processed from around the world to participate in an educational CIM experience.

Research – Our evidence-based research focuses on intervention programs that reduce the negative effects of the cancer diagnosis and treatment. It strives to improve treatment outcomes and your quality of life.

Social

The Celebration Singers – Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you! The group’s purpose is to make beautiful music, have fun, and provide inspiration to the newly diagnosed and the long-term survivor. Please contact Michael Richardson at 713-563-0858 for rehearsal information.

Expressive Arts – These fun classes help you explore issues in a creative way and make it easier to convey feelings or experiences that may be difficult to express in words. Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, Digital Photography Watercolor Transfer and much more!

1st Monday, 10 AM - Noon with Yvonne Cosgrove
1st & 3rd Wednesdays, 2-4 PM generously underwritten by COLLAGE: The Art for Cancer Network

Laughter Yoga – Laughter Yoga is a blend of yogic deep breathing, stretching, simulated laughter exercises and cultivated child-like playfulness. Participants report reduction in stress, blood pressure, depression and more.

1st & 3rd Wednesdays, Noon - 12:45 PM with Stephen Findley

Look Good, Feel Better – This program is presented by trained, licensed cosmetologists that help patients adjust to temporary or permanent changes in their appearance. If it’s your first time attending the class, you will receive a complimentary makeup kit, head cover, and wig! You MUST pre-register at (713) 792-6039.

Support Groups – Professionally-led support groups provide education, group discussion, guest speaker presentations, and supportive sharing for patients, family and friends.

- Breast Cancer Support Group
- Caregivers: “I’ve Got Feelings, Too!”
- Education and Support for Depression & Anxiety
- Endometrial Cancer Support Group
- Ovarian Cancer Support Group
- Prostate Support Group
- Spine Tumor Support Group
- Urology Discussion Group

For a complete list of support groups that meet in other locations around the institution, please call the Social Work department at (713) 792-6195.
Mind-Spirit

Knowledge
Finding Reliable Health Information – Our Health Education Specialist shares resources to help you research supplements or therapies that may help manage your side effects. Learn how to navigate websites, evaluate natural products for quality and safety, and most importantly how to discuss Complementary and Integrative Medicine (CIM) with your doctor.
2nd Monday, 11:30-12:30 PM with Jerah Thomas

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. Sessions are led by experts from MD Anderson or the Houston community on a variety of topics.

Spirituality
Intro to Centering Prayer – Come share the origins and historical background of this ancient prayer practice. Open to people of all faiths, beliefs, or denomination.
1st & 3rd Tuesday, 4-5:30 PM at Mays with Kim Kehoe

Stress Management
Aromatherapy & Self-Massage – Learn about essential oils and their therapeutic uses. Take home a comprehensive guide to creating your own aroma blend at home. Samples available during class. Individual consults, (in person, by phone, or via email) are available after 5pm. Please call 713-794-4700 for more information.
2nd Tuesday, 5-6 PM with Cherie Perez

Exploring Music for Relaxation – In a workshop-like atmosphere, learn relaxation techniques using live and recorded music.
Wednesdays, 11 AM-Noon with Michael Richardson

Kundalini Meditation Techniques for Specific Symptoms – Learn to use various combinations of breath work, sound, and meditative focus to alleviate specific symptoms.
Fridays, 1-2 PM with Sat-Siri Sumler

Meditation for Stress Reduction – Bringing kind, gentle attention to our present moment experiences is the essence of mindfulness. Learn stress relieving techniques to help you live life more fully and peacefully and handle its challenges with effectiveness and compassion.
2nd and 4th Tuesday, 2-4 PM with Micki Fine

Tibetan Bon Meditation – Access a deeper awareness through connecting the mind, body, and heart, and find your “home.” Learn to connect the mind and the breath in a good balance of relaxation, to bring you peace and a release of tension.
Tuesdays, 10-11:30 AM with Alejandro Chaoul
**Physical**

**Brief Relaxation Massages** – Take some time for yourself to experience a brief upper body massage for relaxation. Limited appointments available. *Appointments are only scheduled on the day of the offering. Call 713-794-4700 for additional details.

*Mondays 10 AM-3 PM by appointment*

**Safe Massage Techniques for the Cancer Patient** – Join Sat-Siri Sumler as she teaches participants the hands-on practice of gentle touch massage techniques. Learn how and when to use massage and the benefits of massage for patients with cancer.

*4th Thursday, 10:30-11:30 AM at Mays with Sat-Siri Sumler*

**Movement**

**Awareness Through Movement (Feldenkrais)** – Through movement, learn how you can improve your capacity to function in your daily life. This program is generously underwritten by Houston Endowment Foundation through the C. G. Jung Education Center.

*1st & 3rd Thursdays, 10:30-11:30 AM with MaryBeth Smith*

**Nia: Body Energizer** – Explore this gentle, yet lively, restorative movement class. The class incorporates techniques from yoga, tai chi, and Nia dance (play). The movements are easy to follow and inspired by a relaxing musical beat.

*Mondays, 11:30-12:30 PM with Carla Warneke*

**Nutrition**

**Everything You Wanted to Know About Tea** – Tea is a contemplative beverage that lends itself to reflection and relaxation. Join one of four Certified Tea Masters in the nation to sample and learn about tea including where it comes from, how it is processed, and the benefits of each type.

*2nd & 4th Monday, 10-11 AM with Thia McKann*

**Guest Chef** – Local chefs demonstrate their cooking skills and provide tasty samples for the audience. The focus is on nutritional foods that cancer patients may prepare and eat. Clinical Dietitians also discuss the nutritional component of the recipe.

*3rd Monday, 11:30 AM-12:30 PM*

**Nutrition Lecture** – Whether you need help dealing with side effects or simply want to maintain your health, we’ll talk about cancer, its treatments and optimal eating during this very important time. Learn about the special nutritional needs for cancer patients, information on organic foods, and more.

*2nd Wednesday, 1:30-2:30 PM*
Acupuncture, practiced around the world for thousands of years, is a safe and often effective medical treatment that can be used to manage side effects from cancer. Over the last few decades, research has been conducted seeking to explain how acupuncture works and what it can and cannot treat. Researchers believe that stimulating specific acupuncture points causes the body to release chemicals that naturally stimulate the body’s regulating systems improving the biochemical imbalance to promote well-being.

Conditions for which acupuncture is commonly used include:
- Nausea & Vomiting
- Pain
- Neuropathy
- Hot Flashes
- Fatigue
- Dry Mouth
- Bowel & Digestion Issues

Services are by appointment and limited to MD Anderson patients. Please call (713) 794-4700 for cost, additional details or to schedule an appointment.

Oncology Massage

The care of patients with cancer not only involves dealing with its symptoms but also the emotional impact as well. Massage therapy is often used to address patients need for human contact, and findings support the positive value of massage in cancer care.

A number of reviews of scientific literature have attributed numerous positive effects to massage. These include improving the quality of patients’ relaxation, sleep, and immune system responses and in the relief of their fatigue, pain, anxiety, and nausea.

Services are by appointment for patients and their caregivers. We offer:
- Inpatient Brief Relaxation bedside massage (limited availability)
- Brief Relaxation chair massage (by appointment)
- Oncology Massage available in ½ hour and hour appointments

Please call (713) 794-4700 for cost, additional details or to schedule an appointment.

Music Therapy

Music therapy is a clinical and evidence based use of music interventions to accomplish individualized goals. Music Therapists are board certified professional health care providers requiring a national examination and ongoing education.

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. Inpatients and outpatients may self refer, or be referred by a health care professional to receive music therapy services.

Please call (713) 794-4700 for additional details or to schedule an appointment.

Nutrition Consultation

Our registered, licensed dietitian provides nutrition assessment and counseling to our patients in therapeutic diets, nutrition build-up prior to and during therapy, and the management of treatment side effects.

There is NO COST for this service. Please call 713-794-4700 to schedule an appointment.
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Group Programs are free of charge and held at our Mays Clinic (ACB) location.
Drop in to learn more about us, additional opportunities, or just for a free cup of green tea!

Integrative Medicine Videos on Demand
Curious about integrative medicine and complementary therapies? We have gathered a large selection of videos on our on our Multimedia page at mdanderson.org/integrativemed.

These videos, also found in iTunes and YouTube, include therapeutic techniques and helpful information for anyone interested in participating in their own health care. Some of our videos include:

• 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 short videos on Laughter Yoga, Qigong, Nia, Kundalini Yoga, Music Therapy and much more!

Guest Lectures on Demand
If you missed the lectures by the international best selling authors Dr. David Servan-Schreiber or Dr. Dean Ornish, you can view these at mdanderson.org/ornish or at mdanderson.org/anti-cancer

Integrative Medicine Lecture Series
March 15, 2011
Biobehavioral Interventions for Cancer Patients: Outcomes, Mechanisms, and Disease Endpoints
given by Barbara Andersen, PhD, Departments of Psychology and Obstetrics and Gynecology – Ohio State University

Lectures take place at 12:00 – 1:00 p.m. in Hickey Auditorium (R11.1400). For more information and scheduling updates for the lecture series, please visit mdanderson.org/CIMER or call Felicia Stephens at 713-745-3206.

mdanderson.org/CIMER
Looking for reliable health information? CIMER, a web site for health professionals, patients and the public, provides:

• Information on herbs, dietary supplements, integrative therapies & more
• About Complementary/Integrative Medicine
• In the News & FDA Advisories
• Multimedia
• Educational Programs & Events
• Frequently Asked Questions
• Resources & Links
• About Us and Contact Information

Additional evidence-based reviews by MD Anderson staff, the National Cancer Institute and others. Access Natural Medicines Comprehensive Database to explore natural product safety, effectiveness, quality, and potential interactions.

Relaxation On The Go
Want to relax anytime, anywhere? Drop by either of our two locations for a free CD with two of Debra’s relaxation tracks. Or you can download the free recording of Debra Sivesend’s guided imagery adventure into the garden in MP3 format. Go to the multimedia page at mdanderson.org/integrativemed. You can then listen to the audio file using your computer or download it from iTunes to your MP3 player for free.