Mindfulness, an aspect of meditation, is described as the ability to bring awareness to present-moment experience with an attitude of openness and curiosity. Although meditation methods can vary, most types share common features including focused attention, regulation of breathing and managing thoughts and feelings that come to mind. Research shows mind-body practices, such as meditation, have a positive effect on all systems in our body.

Many patients diagnosed with life-threatening illness and their caregivers experience feelings of anxiety and stress. These feelings can often distract from the present and cause patients to forgo healthy eating and exercise habits that help prevent cancer and other disease, hindering the ability to heal.

While it is not always possible to control a stressful life event, it is possible to learn how to control your reactions to these stressors. Meditation and mind-body practices affect neurotransmitters, which are essential in maintaining a healthy balance between sympathetic and parasympathetic arousal, therefore, helping manage our hard-wired “fight-or-flight” response to stressful events.

Studies indicate chronic stress affects almost every biological system in our bodies. According to studies conducted on humans and animals, stress can alter the way genes get expressed and can also affect the tumor microenvironment.

Research has shown that meditative practices can lower cortisol levels, decrease blood pressure, bring balance to the immune system and even modify gene expression leading to decreased inflammation. The brain’s ability to adapt and rewire, known as neuroplasticity, suggests there are tangible benefits to “exercising” the brain through mind-body practices. Practices, such as meditation, help regulate relaxation in the body and lead to beneficial changes in brain function.

Mind-body practices bring balance to the body, and ultimately, to patients’ and caregivers’ lives. Begin a mind-body practice today! Patients and caregivers are encouraged to take advantage of the many classes, including meditation, offered by the Integrative Medicine Center. In addition, the Integrative Medicine Center has one-on-one meditation consultations available.

Susan Bauer-Wu, PhD, RN, FAAN, states:

During the day, if you find your mind is racing, you are having trouble focusing, or you are feeling overwhelmed, angry, agitated, worried or critical (of self and others), use the STOP model:

\[
\begin{align*}
S &= \text{Stop, pause.} \\
T &= \text{Take a few slow, deep breaths and Tune in.} \\
O &= \text{Open and Observe - notice what is on your mind and how you feel.} \\
P &= \text{Proceed with awareness, kindness, and wise action (or inaction).}
\end{align*}
\]

Dr. Bauer-Wu will join us March 24
See back page.
Physical

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. Please join us for a fun class and tasty samples.

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

Get Moving – Get moving with Nia! Recharge and energize with uplifting music and a blend of yoga, dance and martial arts. Positively shape the way you feel and think. Any fitness level is welcome.

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.

Brief Relaxation Massages – Experience a brief upper body massage for relaxation. Chair massages are generously funded by Angies’s Spa. *Appointments are limited and only scheduled on the day of the offering.

Mind-Spirit

Exploring Music for Relaxation –
Learn to use your favorite recorded music to help you relax or become energized.

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.

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

Therapeutic Group Drumming –
Through immersion in active music making, participants will explore creative self-expression to facilitate meaningful insights.

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 and restore complete health!

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. Please bring a water bottle to class.

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, family members, volunteers, faculty 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.

Visit mdanderson.org/integrativemed to check out our audio and video resources including:

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

Subscribe to the newsletter online: www.mdanderson.org/integrativemed

All Classes are free.

Please call 713-794-4700 to sign up for a class.
### March 2014

*All classes are offered at the Mays clinic location.*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td><strong>3</strong></td>
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</tbody>
</table>
| 9:45-11:30 Brief Relaxation Massages  
11:00-12:00 Get Moving  
1:00-2:00 Pilates | 9:30-10:30 Tibetan Bon Meditation: The Power of the Breath  
12:30-1:30 PIKNIC: Recharge and health through engaged wellness  
2:00-3:00 Yoga for Health  
3:30-4:30 Tai Chi | 12:00-1:00 Laughter for Health  
2:00-3:00 Therapeutic Group Drumming  
2:00-4:00 Expressive Arts COLLAGE: Chinese Ink Art | 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!  
1:15-3:00 Brief Relaxation Massages  
2:30-3:30 Exploring Music for Relaxation  
3:30-4:30 Qigong | 9:45-12:00 Brief Relaxation Massages  
11:30-12:45 Yoga (Hatha) |
| **10** |         |           |          |        |
| 9:45-11:30 Brief Relaxation Massages  
11:00-12:00 Get Moving  
1:00-2:00 Pilates | 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds  
12:30-1:30 PIKNIC: Recharge and health through engaged wellness  
2:00-3:00 Yoga for Health  
3:30-4:30 Tai Chi | 10:00-11:00 Nutrition for Individuals Affected by Cancer  
12:00-1:00 Endometrial Cancer Support Group  
12:00-1:00 Laughter for Health  
2:00-3:00 Therapeutic Group Drumming  
6:00-7:30 Ovarian Cancer Support Group | 11:00-12:00 Breast Cancer Support Group  
12:00-1:00 Caregivers: I've Got Feelings, Too!  
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2:30-3:30 Exploring Music for Relaxation  
3:30-4:30 Qigong | 9:45-12:00 Brief Relaxation Massages  
11:30-12:45 Yoga (Hatha) |
| **17** |         |           |          |        |
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11:00-12:00 Get Moving  
1:00-2:00 Pilates | 9:30-10:30 Tibetan Bon Meditation: The Power of the Breath  
12:30-1:30 PIKNIC: An Introduction to Mindful Awareness  
2:00-3:00 Yoga for Health  
3:30-4:30 Tai Chi | 12:00-1:00 Laughter for Health  
1:30-2:30 Therapeutic Group Drumming  
2:00-4:00 Expressive Arts COLLAGE: The Art Japanese Tie Dyeing | 12:00-1:00 Caregivers: I've Got Feelings, Too!  
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3:30-4:30 Qigong | 9:45-12:00 Brief Relaxation Massages  
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| **24** |         |           |          |        |
| 9:45-11:30 Brief Relaxation Massages  
11:00-12:00 Get Moving  
1:00-2:00 Pilates | 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds  
11:00-12:00 Support group for Patients with Advanced Cancer  
12:30-1:30 PIKNIC: Catching colon cancer with a simple test  
2:00-3:00 Yoga for Health  
3:30-4:30 Tai Chi | 11:00-12:30 Cooking for Optimal Health  
12:00-1:00 Laughter for Health  
2:00-3:00 Therapeutic Group Drumming  
2:00-4:00 Expressive Arts COLLAGE: Handmade Books & Stationery | 11:00-12:30 Watchful Waiting  
Prostate Support Group  
12:00-1:00 Caregivers: I've Got Feelings, Too!  
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11:30-12:45 Yoga (Hatha) |

**Please keep in mind:**

- Pre-registration is strongly encouraged. Call 713-794-4700 or stop by the Mays clinic location or the Integrative Medicine Center to register.
- Arrive 15 minutes early to check in for group classes
- Effective 10/1/13, 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.
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. A consult with our physician is required in order to obtain a referral to:

- **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 in active treatment for cancer. Exercise may provide increased energy and more strength for performing activities of daily living.

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. Initial visit fee will range from $85 to $100. Follow-up visits are between 30 and 60 minutes and range from $45 to $100.

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. Appointments are between 30 and 60 minutes and range from $35 to $65.

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. Initial visit fee is $50. Follow-up visits are between 30 and 60 minutes and range from $25 to $50.

Meditation Consultation
Learn to relax and access a deeper awareness by connecting your mind, body and heart through simple techniques. 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 are between 30 and 60 minutes and range from $25 to $50.

Friends of Integrative Medicine presents:

“Living Fully With Joy and Ease”
Lecture and Book Signing

Monday, March 24, 2014
Registration: 6–6:30 p.m.
Talk: 6:30–7:30 p.m.

Susan Bauer-Wu, PhD, RN, FAAN
Tussi and John Kluge Professor in Contemplative End of Life Care
Director, Compassionate Care Initiative-
UVA School of Nursing
Adjunct Faculty – UVA Department of Religious Studies
University of Virginia School of Nursing
Charlottesville, VA

The author of “Leaves Falling Gently” will provide techniques to cope with life-limiting illness. Whether you are a patient, or a caregiver, Dr. Bauer-Wu will show you how to use mindfulness, compassion and connectedness during a difficult time. She will be available for a book signing following her talk.

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

Light hors d’oeuvres donated by Ruggles Green

Free
(event donations accepted at registration)

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