Nutrition recommendations are typically based on the assumption that all individuals have the same nutritional requirements, with the exception of small differences between life stages and genders. Recent advances in genetic sciences reveal that because each individual is genetically unique, not everyone responds identically to specific nutrients. Nutrigenomics, a relatively new science, explores the role of vitamins, minerals and bioactive food compounds in gene expression, as well as the effect of genetic variation on dietary response.

Compelling evidence suggests nutrients from food likely influence human health due to their ability to alter genetic and epigenetic (the study of gene changes not due to altered DNA sequencing) events associated with various diseases including cancer.

Scientists are working hard to uncover gene-nutrient associations for all types of diseases, especially cancer. Once these associations are better understood, nutrition recommendations can be then personalized for disease prevention and management.

For example, research has shown a link between inadequate folate (one of the essential B vitamins) intake and increased risk of colorectal cancer. However, the response to folic acid deficiency appears to vary between individuals depending on their genetics. Similarly, the increased risk of colorectal cancer with red meat consumption also seems to vary from one person to another depending on genetic variations associated with metabolism. Therefore, the amount of folate or red meat necessary to influence colorectal cancer risk will vary from one person to another depending on their genes.

Additionally, studies have suggested higher intake of cruciferous vegetables is associated with reduced risk of recurrent colorectal cancer. This occurs mainly among patients with lower expression of enzymes responsible for secretion of sulforaphane, a key bioactive compound in cruciferous vegetables.

Although nutrigenomics is a science still in its infancy, there is tremendous potential for the application of nutrition in cancer prevention and management. Due to advances in this field, the future of nutritional care will be personalized diet recommendations based on an individual’s genetic profile and physiologic needs.

Until we have enough evidence to practice individualized nutrition, everyone should follow these basic recommendations:

- Fill the majority of your plate with plant foods, including a wide variety of plants in all colors of the rainbow.
- Aim to get your nutrients from whole foods (defined as unprocessed foods, such as broccoli, lentils or brown rice) rather than supplements to increase variety of nutrients consumed.
- Avoid excessively high intake of any one nutrient.
- If you have had cancer or have a family history of cancer, it would be prudent to follow the American Cancer Society’s diet recommendations for reducing cancer risk. A dietitian or healthcare practitioner can offer specific recommendations based on the particular cancer of concern.

To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request.
**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 Angie’s Spa. *Appointments are limited and only scheduled on the day of the offering.*

**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!

**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. P.I.K.N.I.C. topics may change, please call 800-345-6324 for the latest schedule.

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

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

October 2013

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9:30-10:30</td>
<td>Tibetan Bon Meditation: The Power of the Breath</td>
<td>12:00-1:00</td>
<td>11:30-1:00</td>
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<tr>
<td></td>
<td>2:00-3:00</td>
<td>Yoga for Health</td>
<td>2:00-4:00</td>
<td>Look Good, Feel Better</td>
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<tr>
<td></td>
<td>3:30-4:30</td>
<td>Tai Chi</td>
<td>Collage: Shibori</td>
<td>(Must pre-register at 713-792-6039)</td>
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<tr>
<td>2</td>
<td>9:30-10:30</td>
<td>Tibetan Bon Meditation: Sacred Sounds</td>
<td>12:00-1:00</td>
<td>11:00-12:00</td>
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<tr>
<td></td>
<td>11:00-12:00</td>
<td>Cognitive Behavior Therapy for Depression and Anxiety</td>
<td>Endometrial Cancer Support Group</td>
<td>Breast Cancer Support Group</td>
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<tr>
<td></td>
<td>12:30-1:30</td>
<td>PIVNIC: Using the Newsroom &amp; Social Media to Keep up with Cancer Research</td>
<td>Laughter for Health</td>
<td>Caregivers: I've Got Feelings, Too!</td>
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<tr>
<td></td>
<td>2:00-3:00</td>
<td>Yoga for Health</td>
<td>Nutrition for Individuals Affected by Cancer</td>
<td>Brief Relaxation Massages</td>
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<td></td>
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<td></td>
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<td>Support group for Patients with Advanced Cancer</td>
<td>Laughter for Health</td>
<td>Breast Cancer Support Group</td>
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<td></td>
<td>12:30-1:30</td>
<td>PIVNIC: How to Find Reliable Health Information</td>
<td>2:00-4:00</td>
<td>Caregivers: I've Got Feelings, Too!</td>
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<tr>
<td></td>
<td>2:00-3:00</td>
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<td>Training for Individuals</td>
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<td></td>
<td>2:00-4:00</td>
<td>Expressive Arts COLLAGE: Handmade Books &amp; Stationery</td>
<td>Tai Chi</td>
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<td></td>
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<td>Get Moving</td>
<td>Yoga (Hatha)</td>
<td>Breast Cancer Support Group</td>
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<td></td>
<td>1:00-2:00</td>
<td>Pilates</td>
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<td></td>
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<td>Brief Relaxation Massages</td>
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<td></td>
<td>3:30-4:30</td>
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Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received. All classes are offered at the Mays clinic location.

mdanderson.org/integrativemed  |  713-794-4700
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:

- **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.

- **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 proudly presents

**How Can Integrative Oncology Improve Cancer Outcomes?**

Monday, October 14, 2013
6:00–7:30 pm

Join Drs. Cohen and Lee for an evening exploring the latest research and findings in the field of Integrative Medicine. Learn how to lower your risk of cancer and improve outcomes for those with cancer. Highlights of current and future directions at MD Anderson will be presented along with experiencing aspects of Integrative Medicine.

Lorenzo Cohen, PhD, Professor and Director and Richard T. Lee, MD, Medical Director Integrative Medicine Program The University of Texas MD Anderson Cancer Center

Light hors d’oeuvres donated by Ruggles Green

Free, with suggested donation
RSVP Required
Email: KMTaniguchi@mdanderson.org or call 713-794-4700

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