

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

Inside Integrative Medicine

August 2016

How to De-stress with Mind-Body Practices

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“A key way to manage chronic stress is to learn how to relax in stressful situations.”

A cancer diagnosis is understandably a stressful experience. Short-term stress can be useful and tends to not cause harm. However, chronic stress, when the stress in our lives continues for an extended period of time, can negatively

influence our health. While there is not a direct link between stress as a *cause* of cancer, there is plenty of evidence showing that chronic stress changes key biological pathways and promotes the growth and spread of some forms of the disease. In addition, chronic stress also increases your risk for heart disease, can lead to depression, and leads to a host of other health issues.

Whenever we get stressed, our bodies react in a predictable way: there is an increase in stress hormones, we tense our muscles, our heart rate and blood pressure increase, and our breathing becomes fast and shallow. Research shows that 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 affect the tumor microenvironment, creating a hospitable terrain for tumor growth. Controlling stress is therefore critical.

Luckily, there are healthy ways for you to manage stress while navigating through a cancer diagnosis. Even if you cannot totally rid yourself of stress, you can use various techniques to lessen your stress and the negative effects that stress can have on your body.

A key way to manage chronic stress is to learn how to relax in stressful situations. **One strategy is the use of mind-body practices such as meditation, yoga, or Tai Chi.** Meditation, yoga and Tai Chi or Qigong have been shown to be very effective forms of relaxation and stress management. The benefits of yoga include improved sleep and mood because this movement-based activity, along with regulated breathing and meditation that are part of comprehensive yoga programs, help relax the mind and the body. In addition, procedural hypnosis has been shown to help patients go through difficult medical procedures with less pain, anxiety, and even less medications. Research shows mind-body practices can reverse the harmful effects of stress and actually change the way our brain functions. Here are five ways mind-body practices work in your favor:

1. Decrease anxiety and negative emotions
2. Improve sleep
3. Improve memory and cognitive function
4. Increase spiritual awareness and sense of well-being
5. Regulate blood pressure and relax the body

MD Anderson's Integrative Medicine Center has a number of mind-body classes for cancer patients and their caregivers that are free of charge:

- **Tibetan Meditation** – utilizes breath, movement and sound to connect your mind, body, and heart
- **Yoga for Health** – uses stretching, breathing, relaxation, and meditation techniques
- **Qigong** – integrative movement, breath, and meditation to balance the body
- **Tai Chi** – uses continuous, flowing movements to link the mind and the body

See page 2 and 3 for information on how to participate in our mind-body classes. Classes are open to both patients and caregivers. To learn more about developing an integrative approach to your cancer care, ask your oncology team for an integrative medicine physician consultation. For more information please call 713-794-4700.

Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

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. 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.



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.



Yoga for Fitness

A beginning/intermediate level yoga class that focuses on moving through postures with breath.

Mind-Body



Tibetan 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.

• **Breath & Movement**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



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.

Social

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

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.

Look Good, Feel Better

Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (888) 227-6333

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 for more information.
- Arrive 15 minutes early to check in for group classes
- * Following classes do not require pre-registration: Expressive Arts, PIKNIC, and Support Groups

August 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	2 9:30-10:30 Tibetan Meditation: Power of the Breath 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	3 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 11:00-12:00 Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) 5:00-7:00 Spine Support Group	4 10:00-12:00 Look Good, Feel Better (Must pre-register at 888-227-6333) 12:00-1:00 Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	5 11:30-12:30 Yoga for Fitness 1:00-5:00 Brief Relaxation Massages
8 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	9 9:30-10:30 Tibetan Meditation: Sacred Sounds 12:30-1:30 myCancerConnection PIKNIC: Massage therapy for symptom management in cancer care 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	10 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Endometrial Cancer Support Group (Location: ACB2.1049 Side A) 6:00-7:30 Ovarian Cancer Support Group	11 11:00-12:00 Breast Cancer Support Group 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	12 11:30-12:30 Yoga for Fitness 1:00-5:00 Brief Relaxation Massages
15 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Orchid and a ladybug	16 9:30-10:30 Tibetan Meditation: Breath & Movement 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	17 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health	18 12:00-1:00 Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	19 11:30-12:30 Yoga for Fitness
22 8:00-12:00 Brief Relaxation Massages 12:00-1:00 Cooking for Optimal Health 1:00-2:00 Yoga for Health	23 9:30-10:30 Tibetan Meditation: Power of the Breath 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	24 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health	25 12:00-1:00 Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	26 11:30-12:30 Yoga for Fitness
29 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Bamboo	30 9:30-10:30 Tibetan Meditation: Sacred Sounds 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	31 10:30-11:30 Yoga for Health		

All classes 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**:
 - **Main Clinic**: R1.2000, a free standing facility east of the Main Building near valet
 - **Mays Clinic**, 2nd floor near elevator T

Integrative Oncology Consultation

Our physicians and advanced practice providers can give guidance on achieving 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 \$80.

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.

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.

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.

SAVE THE DATE



ONCOLOGY TRAINING CONFERENCE
FOR YOGA & MIND-BODY TEACHERS

OCTOBER 21 & 22, 2016

REGISTRATION FEES:

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Contact: dcuello@mdanderson.org

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THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History™



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.

Become a Member Today

Contact Deanna Cuello at 713-794-1887 or dcuello@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.