

Integrative Medicine Center

February 2015

Cancer Related Fatigue and How Integrative Therapies Can Help

Did you know fatigue is the most common side effect of cancer treatment? Research suggests that most people receiving cancer treatment experience some type of fatigue¹. In fact, between 60 and 90 percent of patients at MD Anderson have fatigue.

Fatigue is described as a physical and/or mental state of being tired and weak. Physical fatigue and mental fatigue are different, but they often exist together, which can make the experience even more challenging.

The causes of fatigue might stem from the cancer itself or cancer treatments. Psychological symptoms such as depression, anxiety or emotional distress, low red blood counts, surgery, stress, pain, lack of exercise, and sleep disruption are also contributing factors. If you are living with cancer, chances are you are struggling with fatigue, which can last long after treatment ends.

By: Kira Taniguchi, MA, Integrative Medicine Program

Some signs of cancer-related fatigue according to the American Cancer Society are:

- Prolonged, extreme tiredness after an activity
- Feeling weak, tired, weary, or exhausted even after sleeping
- Too tired to complete normal daily activities
- Not taking part in normal day-to-day activities
- Feeling frustrated, irritable, and upset about the fatigue and its effects
- Arms and legs feel heavy and hard to move



There are a number of different integrative approaches for which there is evidence to show they can improve cancer-related symptoms, including fatigue. If everyday tasks are becoming overwhelming, here are seven integrative approaches that may help.

- **Be active.** Exercise is not only a great way to boost your health, but it has been found to be a good way to ease fatigue. The Integrative Medicine Center has a senior physical therapist on staff to evaluate your current fitness level and work with you to develop a specific exercise plan. In addition, the Integrative Medicine Center has free group classes geared toward many different fitness levels.
- **Engage in a mind-body practice!** There is growing evidence showing that mind-body practices such as yoga, meditation and tai chi are useful approaches for decreasing stress and improving mood.
- **Professionally evaluate your nutrition** to ensure the right nutritional intake of essential vitamins and minerals with your diet. This can be critical to improving your health and may affect your cancer-related fatigue.
- **Try acupuncture.** While there is limited research specifically on the benefits of acupuncture for managing fatigue, acupuncture can provide some relief if the fatigue is due to symptoms such as nausea, pain, dry mouth or hot flashes.

- **Get a massage.** Working with an oncology massage therapist may help decrease your pain and level of stress.
- **Talk to a health psychologist.** Working with a health psychologist will help you to engage in behaviors that will increase relaxation and improve sleep
- **Participate in music therapy.** Music therapy can help patients manage stress, alleviate pain and express feelings.

It is important to speak with someone on your healthcare team if you are experiencing fatigue. To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request or call **713-794-4700**. Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care. Visit our website at www.mdanderson.org/integrativemed.

¹ <http://jco.ascopubs.org/content/32/18/1865.full>

The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.

Group Clinical Services

All Classes are free.

Please call **713-794-4700** to sign up.

Physical

Nutrition Lecture

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

Cooking Class

Participants will observe as a dietitian makes dishes in our demo kitchen, then have the chance to enjoy some delicious samples.

- **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.



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.



Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance and martial arts.



Pilates

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



Yoga (Hatha)

Develop strength and flexibility during a sequence of postures while focusing on the breath as well as cultivate relaxation and mindfulness through meditation and breathing exercises.

Activity Level:

= Gentle

= Active

= Very Active

Mind-Body

Music for Health

Discover new ways to reduce stress, improve mood, and decrease fatigue! Each week learn a different skill and how to utilize your favorite music to improve your health.



Tibetan Bon 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.

- **Movement & Breath**

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



Therapeutic Group Drumming

Learn drumming techniques from around the world. Express yourself in a safe creative music making environment. No experience required!



Qigong

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



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.



Singing Support Group

A support group for cancer survivors and caregivers who enjoy singing. Come join the fun!



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. Known in the community as "Laughter Yoga" - 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.

Expressive Arts

Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more!

Underwritten by
COLLAGE: The Art of Cancer Network

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, 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.

Mind-Body activities for pediatric inpatients and outpatients **ages 3-12** years and their caregivers.

Little Yogis

Experience a fun and unique combination of simple yoga postures with breathing, relaxation, guided imagery, and yoga games. Yoga brings confidence, strength, and balance while helping children to relax and improve sleep. Held in G9.3329 Activity Room.



Making Music

Express thoughts and feelings by playing instruments, learning new songs and creating musical stories. Held in G9.3329A Playroom.

February 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30-11:30 Get Moving 1:00-2:00 Pilates 2:00-4:00 Expressive Arts: Chinese Ink Art Rose	3 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 10:00-2:00 Brief Relaxation Massages 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	4 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group	5 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! 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	6 11:30-12:45 Yoga (Hatha)
9 10:30-11:30 Get Moving 1:00-2:00 Pilates	10 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:00-12:00 Cognitive Behavior Therapy for Depression and Anxiety 12:30-1:30 PIKNIC: Tools for coping with anxiety and depression 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	11 10:00-11:00 Nutrition Lecture 10:00-2:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 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	12 10:00-2:00 Brief Relaxation Massages 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Decrease stress with music 3:30-4:30 Qigong	13 11:30-12:45 Yoga (Hatha)
16 10:30-11:30 Get Moving 1:00-2:00 Pilates 2:00-4:00 Expressive Arts: Shibori	17 9:30-11:00 Tibetan Bon Meditation: Movement & Breath 10:00-2:00 Brief Relaxation Massages 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	18 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming	19 10:00-2:00 Brief Relaxation Massages 11:00-12:30 Active Surveillance Patient Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Fight Fatigue! Create your Personal Power Mix 3:30-4:30 Qigong	20 11:30-12:45 Yoga (Hatha)
23 10:30-11:30 Get Moving 1:00-2:00 Pilates 2:00-4:00 Expressive Arts: Chinese Ink Art Love Birds	24 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:00-12:00 Support group Metastatic Breast Cancer 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	25 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 11:30-12:30 Cooking for Optimal Health 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming	26 10:00-2:00 Brief Relaxation Massages 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Explore symptom control-music and progressive muscle relaxation 3:30-4:30 Qigong	27 11:30-12:45 Yoga (Hatha)

How to schedule an appointment:

- Call Integrative Medicine Center at 713-794-4700 or send a message from myMDA to schedule an appointment.
- Arrive 15 minutes early to check in for group classes

- Following classes do not require pre-registration: Expressive Arts and Support Groups (with the exception of Singing Support Group)
- 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.
- A signed consent form is required to attend ALL Integrative Medicine group classes.

All classes in blue are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

All classes in green are offered in the Activity Room – G9.3329 All classes in orange are in the G9.3329A Playroom

Individual 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 or visit our clinic at R1.2000, which is a free-standing facility east of the Main Building near valet.

Integrative Oncology Physician Consultation

Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care.

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.

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 \$100.

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.

Music Therapy

Benefits of music therapy include, encouraging self-expression, reducing stress, improving coping skills and implementing protocols to improve cognitive, motor, communications and socialization skills. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

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.

Friends of
Integrative Medicine
proudly presents

Meditation: Medicine of the Mind

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Wednesday,
February 4, 2015 • 7–8 p.m.

Event Registration:

<http://asiasociety.org/texas/events/meditation-medicine-mind>



Speaker:

Alejandro Chaoul, PhD

Assistant Professor and Director of Education,
Integrative Medicine Program, General Oncology
Assistant Professor, Palliative Care and Rehabilitation Medicine
The University of Texas MD Anderson Cancer Center

Join the Friends of Integrative Medicine and
Asia Society as they present an evening of
meditation in honor of World Cancer Day.

Meditation is a mind-body practice that can help you relax, manage your stress, and access a deeper awareness — all of which have broad implications for your health. Learn simple, take-home meditation techniques to help you turn meditation into a daily practice.

Location:

Asia Society
1370 Southmore Blvd.,
Houston, TX 77004



\$5 Asia Society and FIM members,
\$10 Nonmembers

Questions: KMTaniguchi@mdanderson.org