

Inside Integrative Medicine

February 2016

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

How to Identify Reliable Integrative Medicine Resources

A cancer diagnosis often triggers a quest to gather as much information possible about the disease, treatment options, and the best way to move forward. Unfortunately, your favorite search engine is not necessarily the best resource when it comes to health education. The Internet can certainly make life easier, but websites can be full of inaccurate or outdated information, or even be deliberately misleading for a company's financial gain. This can be especially true of information about alternative cancer treatments – treatments used in place of conventional treatments, for which there is no evidence of benefit, yet they are sold and marketed as cancer "cures."

There are, however, many complementary therapies for which there may or may not be evidence for efficacy, that when used alongside or after conventional cancer treatment may help to promote wellness, manage symptoms associated with cancer and its treatment, and improve outcomes.

When properly combined with conventional cancer treatments, some complementary therapies can enhance wellness and quality of life, but others could potentially be harmful during or after treatment for cancer. Most, but not all, complementary therapies that could cause harm are natural products or other substances that are taken orally, intravenously, or some other route.

Our goal at the Integrative Medicine Center is to provide evidence-based information to improve the lives of patients who choose to use these therapies under the direction of informed physicians.

The Integrative Medicine Program at MD Anderson offers reliable resources on integrative medicine therapies for healthcare professionals and patients to present the evidence about different complementary and alternative medicine treatments.

Best of all, these resources are paid for by the Integrative Medicine Program, as well as the Research Medical Library, so patients can access this information at no cost. The clinicians in the Integrative Medicine Program have access to these resources as well, and often use them to check interactions, as well as the latest research about certain products.

- **American Botanical Council:** provides reliable, up-to-date information on herbs. The publications are peer-reviewed, and include a vast selection of periodicals, books, monographs, safety reviews, continuing education materials and searchable online databases.
- **ConsumerLab:** provides independent testing, quality ratings and comparisons of hundreds of vitamins, supplements and other health products.
- **The Society for Integrative Oncology:** provides information for patients and professionals on advanced, evidence-based, comprehensive, integrative healthcare to improve the lives of people affected by cancer.
- **Health on the Net Foundation:** disseminates quality health information for patients and professionals and the general public and facilitates access to the latest and most relevant medical data through the use of the internet.
- **National Center for Complementary and Integrative Health:** the Federal Government's lead agency for scientific research on complementary and integrative health approaches.

Always discuss any supplements, herbal therapies, or special diets with your healthcare providers to give them a complete picture of what you do to manage your health. Our medical staff will provide guidance on a comprehensive and integrative approach to your cancer care. An order from an MD Anderson physician or advanced practice provider is required before scheduling a consultation at the Integrative Medicine Center. For additional details visit: www.mdanderson.org/integrativemed.



Outpatient Group Clinical Services

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

Physical



Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



Get Moving

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



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 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.

• 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 to balance the body's energy flow.

Social



Laughter for Health

Known in the community as "Laughter Yoga" - a blend of deep breathing, stretching and simulated laughter exercises that may help reduce stress. Please bring a water bottle to class.

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.

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 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, PIKNIC, and Support Groups

February 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 8:00-12:00 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Chinese Ink Art – The Rose	2 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	3 10:30-11:30 Yoga for Health 11:00-12:00 Metastatic Breast Cancer Support Group* (Location: ACB2.1049 Side B) 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 5:00-7:00 Spine Support Group*	4 12:00-1:00 Caregivers: I've Got Feelings, Too!* 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	5 11:30-12:30 Yoga for Fitness
8 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	9 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	10 10:30-11:30 Yoga for Health 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 6:00-7:30 Ovarian Cancer Support Group	11 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too!* 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	12 11:30-12:30 Yoga for Fitness
15 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Ink Art – The Morning Glory	16 9:30-11:00 Tibetan Bon Meditation: Breath and Movement 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Skin complications of cancer therapy 3:30-4:30 Tai Chi	17 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages	18 12:00-1:00 Caregivers: I've Got Feelings, Too!* 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	19 11:30-12:30 Yoga for Fitness
22 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Calligraphy – Longevity	23 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Deciphering insurance and medical billing – A patient guide 3:30-4:30 Tai Chi	24 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	25 12:30-1:30 Active Surveillance Patient Support Group 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	26 11:30-12:30 Yoga for Fitness
29 8:00-12:00 Brief Relaxation Massages 1:00-2:00 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

Main Clinic Location

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.

Mays Clinic Location

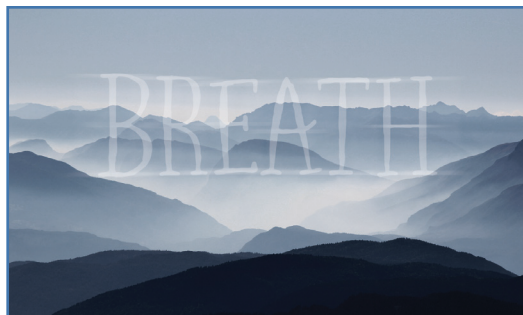
Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms of stress, anxiety and depression.

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.



Breath as Medicine

By: Tenzin Wangyal Rinpoche

Friday, February 5

7:00 p.m.

Location:

Asia Society Texas Center

**1370 Southmore Boulevard
Houston, TX 77004**



Mindfulness Meditation:

How Mental Training Can Rewire the Brain for a Healthy Mind and Body

By: David Vago, Ph.D.

Monday, February 15

6:30 – 7:30 p.m.

Location:

**South Campus Research Building 2,
Rooms 5-6**

**7534 Fannin Street
Houston, TX 77054**

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