

# Inside Integrative Medicine

July 2016

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

## The Benefits of Tai Chi and Qigong in Your Cancer Journey

By: Kay Garcia, DrPH, LAc, Integrative Medicine Program



On any given morning, thousands of people can be seen practicing *Tai chi* and *Qigong* in parks throughout China. Both forms of mind-body practices are recognized by their slow movements and flowing postures. Although originating in China, people throughout the world are now engaging in these mind-body practices to help improve health.

Sometimes referred to as “moving-meditation,” the purpose of *Tai chi* and *Qigong* is to focus the mind’s attention while synchronizing the breath with body movements. Movements are performed in a seated or standing position. Each movement slowly and seamlessly flows into the next while centering your mind and focusing on the breath.

There are many different styles of *Tai chi* and *Qigong*, each with its own history and training methods. *Tai chi* is believed to have begun as a soft, defensive form of martial arts about 300 years ago. Roughly translated, *Qigong* means “cultivating vital energy through diligent practice.” Both *Tai chi* and *Qigong* are considered complex mind-body practices that integrate physical, psychosocial, emotional, spiritual, and behavioral elements to promote health and well-being with a calm, clear state of mind.

In the elderly or in patients with chronic conditions like Parkinson’s disease, studies have demonstrated health benefits of these practices, such as improved cardiorespiratory fitness, lower blood pressure, greater

muscle strength with increased postural stability and reduced fall risk, and improved sense of general well-being.<sup>1,2</sup> A new study<sup>3</sup> also found *Tai Chi* produced similar beneficial effects as a standard course of physical therapy in the treatment of knee osteoarthritis. The *Tai Chi* group showed significantly greater improvements in depression and overall physical aspects of quality of life than the physical therapy group.

In cancer patients, a recent review of a number of studies<sup>4</sup> involving 499 patients found that *Tai chi* and *Qigong* were associated with improvements in quality of life as well as symptoms of fatigue, immune function, and cortisol levels. However, many of the studies were small and future, larger studies need to confirm these findings.

*Tai chi* and *Qigong* are gentle exercises that are safe for most people. However, those with serious balance problems may be at risk of falling and should only practice under the supervision of a qualified professional.

MD Anderson’s Integrative Medicine Center offers *Tai Chi* and *Qigong* classes for patients and caregivers. Each class introduces participants to principles of these mind-body practices and can be done either standing or sitting. Suggestions may also be given for continued practice at home. Patients often report that these mindful movements enhance independence and improve self-confidence.

Please join us in our Mays Clinic location (2nd floor) on Tuesday and Thursday afternoons (see class schedule on page 3) to experience these practices. 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.

### References

- <sup>1</sup> Taylor-Piliae RE. Tai Chi as an adjunct to cardiac rehabilitation exercise training. *J Cardiopulm Rehabil.* 2003; 23(2): 90-96.
- <sup>2</sup> Sumeç R, Filip P, Sheardova K, Bares M. Psychological Benefits of Nonpharmacological Methods Aimed for Improving Balance in Parkinson’s Disease: A Systematic Review. *Behav Neurol.* 2015; 2015: 620674
- <sup>3</sup> Wang C, Schmid CH, Iversen MD, Harvey WF, Fielding RA, Driban JB, Price LL, Wong JB, Reid KF, Rones R, McAlindon T. Comparative Effectiveness of Tai Chi Versus Physical Therapy for Knee Osteoarthritis: A Randomized Trial. *Ann Intern Med.* 2016.
- <sup>4</sup> Zeng Y, Luo T, Xie H, Huang M, Cheng AS. Health benefits of qigong or tai chi for cancer patients: a systematic review and meta-analyses. *Complement Ther Med.* 2014; 22(1): 173-186.

# 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.



### **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.

## 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.

### **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 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

# July 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11:00-12:00 Yoga for Fitness
<b>4</b> Closed for Independence Holiday	<b>5</b> 8:00-12:00 Brief Relaxation Massages 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 3:30-4:30 Tai Chi	<b>6</b> 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) 12:00-1:00 Laughter for Health 5:00-7:00 Spine Support Group	<b>7</b> 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	<b>8</b> 11:00-12:00 Yoga for Fitness
<b>11</b> 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	<b>12</b> 8:00-12:00 Brief Relaxation Massages 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 3:30-4:30 Tai Chi	<b>13</b> 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) 12:00-1:00 Laughter for Health 6:00-7:30 Ovarian Cancer Support Group	<b>14</b> 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	<b>15</b> 11:00-12:00 Yoga for Fitness
<b>18</b> 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Ink Art – The Tulip	<b>19</b> 8:00-12:00 Brief Relaxation Massages 9:30-11:00 Tibetan Bon Meditation: Breath & Movement 12:30-1:30 PIKNIC: Cancer and Loss 3:30-4:30 Tai Chi	<b>20</b> 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	<b>21</b> 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	<b>22</b> 11:00-12:00 Yoga for Fitness
<b>25</b> 8:00-12:00 Brief Relaxation Massages 11:00-12:00 Cooking for Optimal Health 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Calligraphy – Chinese Zodiac: Dragon, Horse, Tiger, & Sheep	<b>26</b> 8:00-12:00 Brief Relaxation Massages 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 12:30-1:30 PIKNIC: TBD 3:30-4:30 Tai Chi	<b>27</b> 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	<b>28</b> 10:30-12:00 Active Surveillance Patient Support Group 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	<b>29</b> 11:00-12:00 Yoga for Fitness

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:**

**EARLY BIRD \$219 REGULAR \$225**

Contact: [rpolanska@mdanderson.org](mailto:rpolanska@mdanderson.org)

Ismaili Jamatkhana and Center

Sugar Land, TX

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 Kira Taniguchi at [KMTaniguchi@mdanderson.org](mailto:KMTaniguchi@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.**