

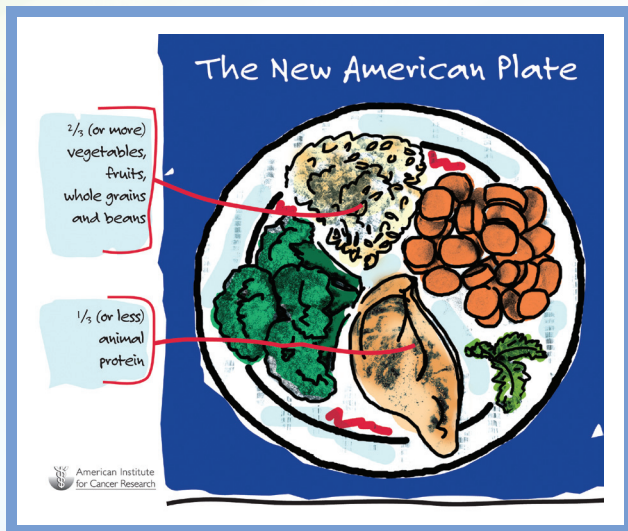
# Inside Integrative Medicine

May 2016

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

## Optimizing Diet: What You Eat Does Matter to Improve Cancer Outcomes

By: Peiyang Yang, Ph.D., Lin Lin Shao, senior clinical dietitian, and Lorenzo Cohen, Ph.D., Integrative Medicine Program



### The New American Plate

The American Institute of Cancer Research (AICR) has developed *The New American Plate* to help us reorganize the quantities of food groups on our *plate* to promote a whole food, plant-based approach to nutrition.

Mounting evidence shows that eating a primarily plant-based diet reduces cancer risk and is recommended for cancer survivors. By consuming more plants, specifically fresh, non-starchy green vegetables, less animal protein and less added sugars, we can decrease our risk of cancer and improve outcomes for those with cancer.

Along with consuming various types and colors of vegetables and fruit, it is beneficial to include cruciferous vegetables. Cruciferous vegetables, many of which are classified as dark green, leafy vegetables (broccoli, kale, Brussels sprouts, arugula, collards, mustard greens, turnip greens, chard, spinach, etc.), are great sources of micronutrients, phytochemicals, healthy antioxidants, and vitamins A, B, C, E and K. Dark green vegetables are low in calorie and carbohydrate content and also have a low glycemic

index (a relative ranking of carbohydrates in foods according to how they affect blood sugar levels).

A whole food, primarily plant-based diet can be easy to achieve if you follow these tips:

1. Fill 2/3 of your plate with mainly colorful vegetables that are low in starch, some whole grains, and some fruit (more vegetables than fruit).
  2. Limit intake of processed grains (white flour, pasta, bread, white rice, etc.).
  3. Aim for:
    - 5-7 servings\* of vegetables per day
    - 2 servings of fruit
    - No more than 6 servings of whole grains
- \*A serving of vegetable is ½ cup cooked/chopped or 1 cup leafy greens; a serving of fruit is 1 cup; a serving of grain is ½ cup cooked.
4. Fill 1/3 or less of your plate with protein sources: lean meats such as skinless chicken breast or fish/seafood; and vegetable proteins such as tofu, beans, legumes, and nuts.
  5. Limit red meat choices (beef, pork and lamb) and avoid processed meats (smoked or cured meats or those that contain added ingredients as preservatives).
  6. Aim for 3-5 servings of protein a day (a serving of protein is 3 oz. meat or tofu, ½ cup beans/legumes, 1/3 cup nuts).
  7. Limit your sugar consumption. The American Heart Association recommends daily intake of added sugar should be approximately no more than 100 calories for women and less than 150 calories for men, 6 and 9 teaspoons respectively. Limit sugary beverages, candy and desserts and be aware of hidden sugar, which can be found in many pre-made and packaged foods (cereals, condiments, granola bars, etc.).

If you are on active treatment for your cancer, have medical conditions that limit your dietary choices, or follow a special diet either because of personal choice or intolerance/allergies to certain foods, consider meeting with a dietitian to develop a personalized approach to your dietary needs. To discuss nutrition as part of an integrative approach to your care, have your MD Anderson provider submit an online consultation request for an Integrative Medicine Physician Consultation.

# 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.



### **Gardening 101**

Join expert instructors from Urban Harvest for a lesson on gardening basics. Learn to plan, nurture, and harvest vegetables so that you can experience the benefits of gardening at your own home.



### **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.

### **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

# May 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>1:00-2:00</b> Yoga for Health</p> <p><b>2:00-4:00</b> Expressive Arts: Chinese Ink Art – Chrysanthemums</p>	<p><b>3</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath</p> <p><b>11:00-12:30</b> Gardening 101: Summer Veggies and Herbs</p> <p><b>3:30-4:30</b> Tai Chi</p>	<p><b>4</b></p> <p><b>8:00-5:00</b> Brief Relaxation Massages</p> <p><b>10:30-11:30</b> Yoga for Health</p> <p><b>11:00-12:00</b> Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B)</p> <p><b>12:00-1:00</b> Laughter for Health</p> <p><b>5:00-7:00</b> Spine Support Group</p>	<p><b>5</b></p> <p><b>10:30-12:00</b> Look Good, Feel Better (Must pre-register at 888-227-6333)</p> <p><b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!</p> <p><b>12:30-1:30</b> Shape-Up Circuit</p> <p><b>3:30-4:30</b> Qigong</p>	<p><b>6</b></p> <p><b>11:00-12:00</b> Yoga for Fitness</p>
<p><b>9</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p>	<p><b>10</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds</p> <p><b>11:15-12:15</b> Get Moving</p> <p><b>3:30-4:30</b> Tai Chi</p>	<p><b>11</b></p> <p><b>8:00-5:00</b> Brief Relaxation Massages</p> <p><b>10:30-11:30</b> Yoga for Health</p> <p><b>12:00-1:00</b> Endometrial Cancer Support Group</p> <p><b>12:00-1:00</b> Laughter for Health</p> <p><b>6:00-7:30</b> Ovarian Cancer Support Group</p>	<p><b>12</b></p> <p><b>11:00-12:00</b> Breast Cancer Support Group</p> <p><b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!</p> <p><b>12:30-1:30</b> Shape-Up Circuit</p> <p><b>3:30-4:30</b> Qigong</p>	<p><b>13</b></p> <p><b>11:00-12:00</b> Yoga for Fitness</p>
<p><b>16</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>2:00-4:00</b> Expressive Arts: Chinese Ink Art – Iris</p>	<p><b>17</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>9:30-11:00</b> Tibetan Bon Meditation: Breath &amp; Movement</p> <p><b>11:15-12:15</b> Get Moving</p> <p><b>3:30-4:30</b> Tai Chi</p>	<p><b>18</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>10:30-11:30</b> Yoga for Health</p> <p><b>12:00-1:00</b> Laughter for Health</p>	<p><b>19</b></p> <p><b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!</p> <p><b>12:30-1:30</b> Shape-Up Circuit</p> <p><b>3:30-4:30</b> Qigong</p>	<p><b>20</b></p> <p><b>11:00-12:00</b> Yoga for Fitness</p>
<p><b>23</b></p> <p><b>8:00-12:00</b> Brief Relaxation Massages</p> <p><b>11:00-12:00</b> Cooking for Optimal Health</p> <p><b>1:00-2:00</b> Yoga for Health</p> <p><b>2:00-4:00</b> Expressive Arts: Chinese Calligraphy – Love and Heart</p>	<p><b>24</b></p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath</p> <p><b>11:15-12:15</b> Get Moving</p> <p><b>3:30-4:30</b> Tai Chi</p>	<p><b>25</b></p> <p><b>8:00-5:00</b> Brief Relaxation Massages</p> <p><b>10:30-11:30</b> Yoga for Health</p> <p><b>12:00-1:00</b> Laughter for Health</p>	<p><b>26</b></p> <p><b>10:30-12:00</b> Active Surveillance Patient Support Group</p> <p><b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!</p> <p><b>12:30-1:30</b> Shape-Up Circuit</p> <p><b>3:30-4:30</b> Qigong</p>	<p><b>27</b></p> <p><b>11:00-12:00</b> Yoga for Fitness</p>
<p><b>30</b></p> <p><b>Closed for Memorial Day</b></p>	<p><b>31</b></p> <p><b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds</p> <p><b>11:15-12:15</b> Get Moving</p> <p><b>3:30-4:30</b> Tai Chi</p>			

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.

### 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.

Friends of Integrative Medicine  
proudly presents

## Dietary Interventions for Breast Cancer Survivors



**SPEAKER:**

**Heather Greenlee, Ph.D.**

Naturopathic Physician and Assistant  
Professor of Epidemiology

Columbia University  
Mailman School of Public Health  
New York, NY

**FREE!**

donations accepted  
at registration

**DATE:**

Monday, May 23

**REGISTRATION:**

6–6:30 p.m.

**TALK:**

6:30–7:30 p.m.

**LOCATION:**

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



### Free Parking

Enter parking lot from OST,  
between Fannin and Bertner.

Go straight and the surface  
parking lot will be on your left.

The event will be held in the  
building on your right.

**RSVP:**

[KMTaniguchi@mdanderson.org](mailto:KMTaniguchi@mdanderson.org) or call 713-794-4700

Underwritten by generous donors  
and Susan & Dan Boggio.