

Inside Integrative Medicine

November 2015

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

Handling Holiday Stress: The Importance of Mind-body Practices

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For most people, the holidays are filled with joy and excitement, yet they can often be accompanied by stress. For people with cancer and their loved ones, holiday stress can be heightened due to emotions running higher than normal, expenses for gifts, travel, pressure to make the holidays special and perfect, difficulty maintaining healthy eating and exercise habits, and other obstacles that are thrown in the way. In addition, having cancer often brings on additional physical limitations due to symptoms such as fatigue, nausea, or other symptoms making it more challenging to participate in the social gatherings and outings. **This is a time to harness your social support networks and prioritize engaging in stress management activities.**

Managing stress is critical for so many reasons. Studies have shown that chronic stress speeds the aging process. Chronic stress can negatively impact almost every physical and biological system of our bodies and can get

into the cells and wreak havoc on normal functioning. At times, the stress we experience can feel overwhelming and it is hard to know where to start when it comes to managing stress.

The good news is there are many approaches to stress management; some are conventional approaches like working with a psychologist or counselor and then there are many mind-body practices like yoga, meditation, or other behavioral strategies. A recent study compared physical activity, mindfulness meditation, and heart rate biofeedback and found that each worked equally well in reducing stress. With all the different strategies available for reducing stress which is the best? The answer is the one you will do every day and make it a part of your life.

When dealing with the stress of the holidays, here are a few things to keep in mind:

- 1. Be aware of triggers for stress and keep an eye on your stress level:** Check-in with yourself to determine if your stress is increasing. Listen to your body. Often times your body might give you signals, such as an increase in fatigue, pain, or heart rate, to let you know something is off. Figure out what tends to make you more stressed and try to manage or avoid these triggers.
- 2. Delegate, prioritize, and keep it simple:** You may consider lowering your expectations of what the holidays may look like. Instead of trying to do everything yourself, delegate to others and prioritize what really matters.
- 3. Manage the inevitable stress:** Take a breath, set aside time for yourself, and learn to use mind-body techniques such as mindfulness, meditation, yoga, etc. Now, more than ever, it is important to take care of yourself.
- 4. Seek help:** If you feel as if you can't manage the stress on your own, talk to a spiritual advisor, counselor, or trusted friend or family member. You do not have to do this on your own and there are many resources available.

Patients and caregivers are encouraged to take advantage of the many free mind-body classes (see page 2) available through the Integrative Medicine Center. Have your MD Anderson provider submit an online consultation request for an Integrative Medicine Physician Consultation to discuss mind-body practices as part of an integrative approach to your cancer care. Recommendations may include outpatient clinical services such as a health psychology or meditation consultation. To sign up for a group class, 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 Program demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples.



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

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.

• Breath & Movement

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!



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



Singing Support Group

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



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

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. 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 (with the exception of Singing Support Group)

November 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>8:00-12:00 Brief Relaxation Massages</p> <p>1:00-2:00 Yoga for Health</p> <p>2:00-4:00 Expressive Arts: Chinese Ink Art - The Pine Tree</p>	<p>3</p> <p>9:30-10:30 Tibetan Bon Meditation: Power of the Breath</p> <p>11:15-12:15 Get Moving</p> <p>12:00-1:00 Cooking for Optimal Health</p> <p>12:30-1:30 PIKNIC: The Glycemic Index - What you need to know</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>4</p> <p>10:30-11:30 Yoga for Health</p> <p>11:00-12:00 Metastatic Breast Cancer Support Group* (Location: ACB2.1049 Side B)</p> <p>12:00-1:00 Laughter for Health</p> <p>1:00-5:00 Brief Relaxation Massages</p> <p>2:00-3:00 Therapeutic Group Drumming</p> <p>5:00-7:00 Spine Support Group*</p>	<p>5</p> <p>10:30-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039)</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too!*</p> <p>12:30-1:30 Shape-Up Circuit</p> <p>2:00-3:00 Music for Health: Change your mood using your favorite music</p> <p>3:30-4:30 Qigong</p>	<p>6</p> <p>11:30-12:30 Yoga for Fitness</p>
<p>9</p> <p>8:00-12:00 Brief Relaxation Massages</p> <p>1:00-2:00 Yoga for Health</p>	<p>10</p> <p>9:30-10:30 Tibetan Bon Meditation: Sacred Sounds</p> <p>11:15-12:15 Get Moving</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>11</p> <p>10:30-11:30 Yoga for Health</p> <p>12:00-1:00 Endometrial Cancer Support Group*</p> <p>12:00-1:00 Laughter for Health</p> <p>1:00-5:00 Brief Relaxation Massages</p> <p>2:00-3:00 Therapeutic Group Drumming</p> <p>6:00-7:30 Ovarian Cancer Support Group*</p>	<p>12</p> <p>11:00-12:00 Breast Cancer Support Group*</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too! *</p> <p>12:30-1:30 Shape-Up Circuit</p> <p>2:00-3:00 Music for Health: Decrease stress with music</p>	<p>13</p>
<p>16</p> <p>8:00-12:00 Brief Relaxation Massages</p> <p>1:00-2:00 Yoga for Health</p> <p>2:00-4:00 Expressive Arts: Chinese Calligraphy - Harmony, Enlightenment</p>	<p>17</p> <p>9:30-11:00 Tibetan Bon Meditation: Breath & Movement</p> <p>11:15-12:15 Get Moving</p> <p>12:30-1:30 PIKNIC: The Joy Diet: 10 Daily Practices for a Happier Life</p> <p>5:30-7:00 Singing Support Group</p>	<p>18</p> <p>10:30-11:30 Yoga for Health</p> <p>12:00-1:00 Laughter for Health</p> <p>1:00-5:00 Brief Relaxation Massages</p> <p>2:00-3:00 Therapeutic Group Drumming</p>	<p>19</p> <p>10:30-12:00 Active Surveillance Patient Support Group*</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too!*</p> <p>12:30-1:30 Shape-Up Circuit</p> <p>2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix</p> <p>3:30-4:30 Qigong</p>	<p>20</p> <p>11:30-12:30 Yoga for Fitness</p>
<p>23</p> <p>8:00-12:00 Brief Relaxation Massages</p> <p>1:00-2:00 Yoga for Health</p> <p>2:00-4:00 Expressive Arts: Chinese Ink Art - Landscape - Autumn Scenes*</p>	<p>24</p> <p>9:30-10:30 Tibetan Bon Meditation: Power of the Breath</p> <p>11:15-12:15 Get Moving</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>25</p> <p>10:30-11:30 Yoga for Health</p> <p>12:00-1:00 Laughter for Health</p> <p>1:00-5:00 Brief Relaxation Massages</p> <p>2:00-3:00 Therapeutic Group Drumming</p>	<p>26</p> <p>Thanksgiving Holiday Closed</p>	<p>27</p> <p>Thanksgiving Holiday Closed</p>
<p>30</p> <p>8:00-12:00 Brief Relaxation Massages</p> <p>1:00-2:00 Yoga for Health</p>				

All classes in blue 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 Services

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 \$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.

Mays Clinic Services

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.

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.

For information on our inpatient services, please call 713-794-4700.

Friends of Integrative Medicine
proudly presents

Healthy Gut, Healthy Brain: Stress and the Gut Microbiome



Speaker:

John F. Cryan, Ph.D.

Professor and Chair
Department of Anatomy & Neuroscience
Principal Investigator,
Alimentary Pharmabiotic Centre
University College Cork, Ireland

DATE:

Monday, November 9

REGISTRATION:

6 - 6:30 p.m.

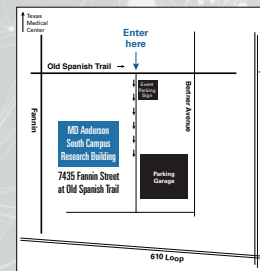
TALK:

6:30 - 7:30 p.m.

LOCATION:

South Campus Research Building 2,
Conference Rooms 5 - 6,
7455 Fannin Street, Houston, TX 77054

FREE
event donations
accepted at
registration



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 required:

KMTaniguchi@mdanderson.org or call 713-794-4700
Light hors d'oeuvres donated by Hippo Kitchen

Underwritten by generous donors and the
Estate of Jerry J. Moore.