

# Inside Integrative Medicine

August 2024

Group Classes  
are Virtual

## Integrative Medicine at MD Anderson

### What is Integrative Medicine?

Integrative Medicine is an approach to health care delivery that balances complementary health approaches and lifestyle medicine with conventional medicine in a deliberate manner that is personalized, evidence-informed, and safe. Complementary health approaches refer to natural products (e.g., dietary supplements, herbs), mind and body practices (e.g., meditation, yoga, massage, acupuncture) and other systems of care such as traditional Chinese medicine, Ayurvedic medicine, or naturopathy.

### What is Integrative Oncology?

Integrative oncology is the application of integrative medicine to the care of cancer patients and their caregivers. Integrative oncology consultations are available in the inpatient and outpatient setting through the Integrative Medicine Center.

### Integrative Medicine Center (IMC)

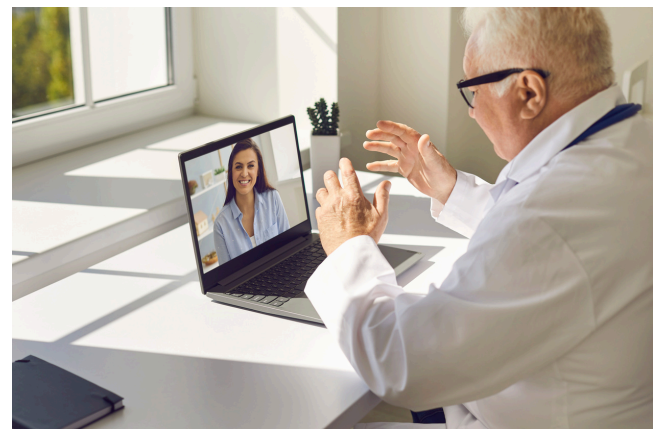
The IMC seeks to enhance the care of patients affected by cancer and their caregivers by providing and advancing comprehensive integrative treatment approaches through compassionate, evidence-informed clinical care, and research. We work collaboratively with oncology care teams with the goal of improving treatment outcomes and achieving optimal health and healing.

The integrative oncology consultation serves as the foundation for developing an integrative care plan that includes complementary health approaches and lifestyle changes.

During the initial visit with the physician and Advanced Practice Provider, each patient is evaluated comprehensively, and referrals are made to our other services according to the individual's physical, mindbody, or social needs. Our interdisciplinary team works together closely to optimize and adapt the integrative care plan to the changing landscape of an individual's cancer journey.

Telemedicine Telehealth options remain available for several of our clinical services and programs, including for our physician consultations, health psychology consultations as well as yoga therapy, music therapy, nutrition and physical therapy appointments. Our group classes are virtual only, with plans to have in-person group classes available in the future. Treatments available in-person only include oncology massage and oncology acupuncture.

For more information, please contact the Integrative Medicine Center at 832-750-3685.



## Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care.

## Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise.

## Oncology Acupuncture Treatment

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. Treatments are \$80.

## Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

\*Prices for IMC services may be subject to change depending on insurance coverage.

View audio and video resources online: [www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

## Health Psychology Consultation

A licensed clinical psychologist will provide both evaluation and interventions to help with lifestyle change and address symptoms such as anxiety, poor sleep and low mood.

## Yoga Therapy Consultation

A yoga therapist provides guidance on how to use yoga and meditation to help lower stress, improve sleep, mood and overall quality of life. Cost: \$50 per session.

## 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 food, plant-based diet for optimal health.

## Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost: \$50 per session.

## How to Register for our Virtual Group Classes:

1. Call the Integrative Medicine Center at 832-750-3685.
2. All classes are free.
3. Complete e-update \*liability waiver and telemedicine consent in MyChart at least 48 hours prior to the scheduled class.

**Note: All classes are open to both patients and caregivers.**

## August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga for Health</b> 10:30-11:30	<b>Yoga Nidra</b> 10:00-11:00 2nd Tues.	<b>Yoga for Health</b> 10:30-11:30	<b>No Classes</b>	<b>Yoga for Health</b> 10:30-11:30
<b>Connect &amp; Reflect with Music</b> 1:30-2:30	5:00 - 6:00 4th Tues. <b>Pranayama/Breathing</b> 10:00-11:00 1st & 3rd Tues.	<b>Healing Through Writing</b> 2:00-3:00 2nd Wed.		

### Group Class Descriptions:

**Yoga for Health:** Features a gentle form of yoga, including stretching, breathing, relaxation, and meditation techniques. No prior yoga experience is required.

**Yoga Nidra/Meditative Relaxation:** This is a guided meditation in the supine position to bring you into a state of deep restful awareness.

**Healing Through Writing:** Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

**Pranayama/Breathing:** The practice of Pranayama involves breath regulation through various breathing exercises.

**Connect & Reflect with Music:** A interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

## Chili Crunch Tofu Bowls

**Total Time:** 1 hour, 3 servings

**Website:** <https://plantbasedrdblog.com/2023/03/smashed-cucumber-avocado-salad/>

### Ingredients:

#### Tofu Nuggets:

- 1 lb super firm high protein tofu (see notes for using extra firm tofu)
- 1 1/2 tbsp tamari
- 1 1/2 tbsp rice wine vinegar
- 1 tsp light brown sugar
- 1 tsp garlic powder
- 1/2 tsp ground coriander
- 1/4 tsp white pepper
- 1 tbsp cornstarch
- 1 tbsp avocado oil

#### Toasted Quinoa

- 3/4 cup dry quinoa, rinsed and drained or 2 1/4 cup cooked quinoa
- 1 tbsp avocado oil
- 3 scallions, thinly sliced (reserve the green tops for garnish)
- 3 cloves garlic, grated
- 6 leaves lacinato kale, stems removed and shredded
- Kosher salt as needed

#### Chili Sauce:

- 1 1/2 tbsp tamari
- 1 tbsp maple syrup
- 1-2 tsp chili crisp oil

### Instructions:

1. If using dry quinoa, cook the quinoa according to package instructions and set aside.
2. Preheat the oven to 425F and prepare a parchment lined baking sheet. Tear the tofu block into small bite size pieces (about 1-inch) and place in a large bowl or airtight container. Pour the tamari and vinegar over the tofu, cover the container then toss to evenly coat and allow the tofu to sit for 10 minutes.
3. Coat the tofu with the sugar, garlic, coriander, pepper, cornstarch and oil, then cover and toss again to evenly coat. Spread the tofu pieces out on a baking tray, making sure each piece has space between it. Bake in the oven for 20 minutes, flip then bake again for 10-15 minutes.
4. Heat the remaining oil in a large skillet over medium low heat, then when hot add the scallions, garlic and a pinch of salt then sauté for about 1-2 minutes until fragrant.
5. Add the quinoa to the pan along with a generous pinch of salt then stir to combine. Continue to sauté the mixture occasionally for 4-6 minutes until the quinoa becomes golden in color then add the kale. Continue to sauté until the kale has fully wilted, about 2-3 minutes, then transfer to a serving bowl.
6. To a small bowl combine the tamari, maple syrup, and chili crisp oil. Clear out the pan then heat it back up to medium low heat. Add the sauce and the baked tofu and toss to evenly coat.
7. To serve, divide the quinoa, tofu, and edamame between three plates and garnish with more scallions and sesame seeds then enjoy.

