

Inside Integrative Medicine

February 2020

See back for information on FREE group classes for MD Anderson patients and caregivers.

Now offering acupuncture, Qigong, & Tai Chi at MD Anderson League City

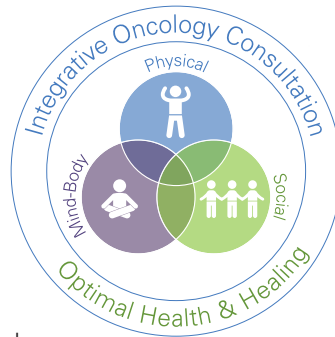
Integrative Medicine at MD Anderson: Improving Treatment Outcomes and Achieving Optimal Health and Healing

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, herbals), 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, mind-body, 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.

Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches in a manner that is comprehensive, personalized, evidence-informed, and safe in order to achieve optimal health and healing.

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

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

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 range from \$65 to \$75. An additional \$10 may apply.

Oncology Massage Treatment

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

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.

Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. Cost: \$50 per session.

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.

Outpatient Group Clinical Services

Physical



Tai Chi

The Tai Chi class includes soft, continuous, flowing movements that link mind and body.



Get Moving

Recharge and energize with up-lifting music and a blend of yoga, dance, and martial arts.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

Mind-Body



Qigong

Qi Gong is a moving meditation with postures designed to connect breath (Qi) with body movements. Roughly translated, Qi means "air" (breath) and Gong means "work."



Yoga for Health*

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Social



Connect & Reflect: Group Drumming*

Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members with breathing and mindfulness techniques.

Art Collage Studio

The Collage Studio offers the chance to play with color, shape and composition while making personalized collages by cutting, tearing, and gluing paper from magazines and other sources into new images.

How to schedule an appointment:

- Call Integrative Medicine Center at 713-794-4700 for more information.
- Arrive 15 minutes early to check in for group classes.
- All classes are free.
- Art Collage Class can walk in anytime during the 1.5 hours.

2019-1437 Integrative Med Newsletter February 2020

February 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MD Anderson Medical Center MD Anderson League City				
3 10:30-11:30 Connect & Reflect: Group Drumming 2:30-3:30 Yoga for Health	4 11:00-12:00 Get Moving 3:30-4:30 Tai Chi	5 10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming 2:30-3:30 Qigong- League City 3:30-4:30 Tai Chi- League City	6 10:30-11:30 Yoga for Health 3:30-4:30 Qigong	7 1:00-2:30 Art Studio-Collage
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All classes are for MD Anderson outpatients and their caregivers and are offered at the Medical Center: Mays Clinic location – ACB2.1005 and League City LCC3.1036