

Inside Integrative Medicine

February 2021

**Integrative
Medicine Virtual
Group Classes
Now Available**

Art-Making in Cancer Care

by Zachary Gresham

How can I engage in art-making opportunities at MD Anderson?

On the first and third Wednesday of each month a group art-making class, The Collage Studio, is offered virtually through Zoom to patients and their caregivers through the Integrative Medicine Program. Led by an artist-educator with experience working in cancer care, participants will be guided through the art-making process while simultaneously exploring the individual and unique style. Pre-registration is required; however, classes are free. All materials are provided.

What are the potential benefits of art-making?

Arts experiences can offer comfort, relaxation, joy, inspiration, opportunities for social connection, and creative self-expression. The arts also have the ability to uplift the whole person - body, mind, and spirit. These sessions are led by a professional artist-educator trained at facilitating creative engagement in ways that bring meaning, distraction, and enjoyment.

What will be doing in The Collage Studio?

The Collage Studio offers the chance to play with color, shape, and composition while making personalized collages. We will be cutting, tearing, and gluing a variety of papers to create new images. In each session, we will explore a theme and examine inspiring examples that will culminate in the creation of our unique artwork. We will conclude each session with a voluntary opportunity for sharing and discussion.

What if I don't consider myself artistic? Is this still for me?

All are welcome to attend this class - no prior experience in art is necessary. Chance and surprise are the key ingredients when making collages.



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

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.

Oncology Massage Treatment

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

View audio and video resources online:
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 of stress, anxiety and depression via MyChart/Epic Zoom.

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 via telephone visit.

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. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. 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.

Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.

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How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Cooking for Optimal Health Noon – 1:00 (2nd Tues) Connect & Reflect with Music 1:30-2:30	Yoga for Health 10:30–11:30 Qigong 11:00–Noon Collage Studio 1:30–3:00 (1st & 3rd Wed)	Tai Chi 11:00–Noon Connect & Reflect with Music 1:30–2:30	

Class Descriptions:

Tai Chi- Find balance and strength through continuous flowing movements that link mind to body.

Qigong- Experience this ancient Chinese system of self-care using meditation, breathing, and movement.

Yoga for Health- Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music- An 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. Collage Studio

Collage Studio- offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients

Avocado Chocolate Mousse

Smooth and Creamy Chocolate Avocado Mousse - the truly healthy dessert that ticks all the right boxes. It's vegan too, but you wouldn't know it!

Time: 8 minutes
Prep Time: 8 minutes
Total Time: 8 minutes
Servings: 2 people
Calories: 323 kcal
Author: HurryTheFoodUp

Ingredients:

- 6 dates, dried (pitted)
- 10 tablespoon water (10 tbsp = 150 ml)
- 1 avocado (medium)
- 3 teaspoon cocoa powder
- 1/2 cup raspberries, fresh (other berries are fine too of course)
- 1 tablespoon maple syrup

Instructions:

1. Roughly chop the dates into small pieces.
2. Chuck them, the maple syrup and water into a food processor and blend until smooth.
3. Peel and add the avocado and cocoa. The easiest way to peel an avocado is to cut it in half, make a nick on each side and peel it like a banana.
4. Blend again until creamy.
5. Quick taste test-if you'd like it a little sweeter then add that tablespoon of maple syrup and quickly blend again.
6. Now garnish with berries of your choice, raspberries for example. Leave it in the fridge for an hour or so to cool.

Nutrition:

Serving: 243 g | Calories: 323 kcal | Carbohydrates: 39.2 g | Protein: 3.4 g | Fat: 20.3 g | Saturated Fat: 4.3 g | Sodium: 10 mg | Potassium: 786 mg | Fiber: 11.5 g | Sugar: 23.6 g | Vitamin A: 150 IU | Vitamin C: 24.8 mg | Calcium: 40 mg | Iron: 1.6 mg

