

Inside Integrative Medicine

February 2022

**Integrative
Medicine Virtual
Group Classes
Now Available**

Art-Making in Cancer Care

by Zachary Gresham

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.

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. Supply packs are available Monday-Friday, 8:00am - 4:00 pm for participants at the Mays Clinic Integrative Medicine Center desk located on Floor 2, near Elevator T, across from the gift shop. In this supply pack, you will find almost everything you will need for class, however, please have the following: a pair of scissors and any additional collage materials you wish to include in your artwork (magazines, old cards, tissue paper, or other paper products you are okay with cutting up). If you are not able to pick up the supply pack upon registration, no worries. Please bring the following supplies with you to class: scissors, glue and/or glue stick, and various papers and collage materials of your choice (magazines, old cards, tissue paper, or other paper products you are okay with cutting up).

What we 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 MyChart/Zoom.

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

Class Descriptions:

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- 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.

Journaling Workshop- Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

Cooking for Optimal Health- Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Cooking for Optimal Health Noon – 1:00 (2nd Tues)	Yoga for Health 10:30–11:30	Connect & Reflect with Music 1:30–2:30	Yoga for Health 10:30-11:30
Healing Through Writing 2:00-3:00 (2nd & 4th Mon)	Connect & Reflect with Music 1:30-2:30	Collage Studio 1:30–3:00 (1st & 3rd Wed)		Journeys: Journaling Workshop 1:00-2:00 (1st & 3rd Fri)

Chia Seed Pudding

Chia seeds are an unprocessed, whole grain food that is high in antioxidants and omega-3 fatty acid. They are also a great source of vegetable protein and dietary fiber.

Prep Time: 5 minutes
Servings: 6 people
Calories: 143 kcal

Ingredients:

- 1/2 - 3/4 cups chia seeds
- 2 cups almond milk, unsweetened
- 1 teaspoon vanilla extract
- 1 tablespoon cocoa powder
- 1 tablespoon agave nectar. Can substitute with maple syrup or honey.



Instructions:

1. Mix all ingredients together and let it rest for a few moments.
2. Cover and refrigerate until the mixture thickens to a pudding-like consistency, about 30 minutes. May stir pudding after 15 minutes.
3. For a thicker consistency, continue to refrigerate for up to an hour or until the pudding thickens and resembles a tapioca-like pudding.

Recipe Tip: In place of the cocoa and vanilla, try 1-2 cups fresh or frozen berries for a tasty alternative.

