

Inside Integrative Medicine

February 2024

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 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. Cost: \$80 per treatment.

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

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.

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.

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.

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 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.

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Yoga Nidra 3:30 - 4:30	Yoga for Health 10:30–11:30	Pranayama/Breathing 10:30–11:30 <i>1st Thurs.</i>	Yoga for Health 10:30-11:30
Connect & Reflect with Music 1:30 - 2:30	<i>2nd Tues.</i> 5:00 - 6:00 <i>4th Tues.</i>	Healing Through Writing 2:00 - 3:00 <i>2nd Wed.</i>	3:00 - 4:00 <i>3rd Thurs.</i>	

Group Class Descriptions:

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

Yoga Nidra: This is a guided meditation in the supine position to bring you into a state of deep rest.

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.

Vegan Sweet Potato, Kale and Chickpea Soup

Total Time: 45 minutes, Servings: 6

Website: <https://cookieandkate.com/sweet-potato-kale-and-chickpea-soup/>

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow onion, chopped
- 1 red bell pepper, chopped
- 1 pound sweet potatoes (2 small to medium or 1 large), peeled and diced (about 3 cups)
- 1/4 teaspoon salt, more to taste
- 1 tablespoon curry powder*
- 1 tablespoon turmeric powder*
- 1 cup uncooked farro, rinsed** (or 3 cups cooked whole grains, like wheat berries, spelt berries or kamut)
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 1 can (15 ounces) chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas
- 1/2 bunch of kale (4 ounces), chopped (about 3 cups)
- 1/4 teaspoon cayenne pepper, to taste (optional, if you like it spicy)

Instructions:

1. In a large soup pot, heat the oil over medium heat until shimmering. Stir in the onion, bell pepper, sweet potato and salt. Sauté for five minutes, stirring occasionally, until the onion starts to soften.
2. Add the curry and turmeric powders and stir until the vegetables are coated and the curry is fragrant, about 1 minute.
3. Add the farro, if that's your grain of choice. Add the vegetable broth and water, and stir to combine.
4. Bring the mixture to a boil, then reduce the heat to a simmer and cook for 25 minutes.
5. Test the farro for doneness—if it's tender and cooked through, add the chickpeas and kale. Stir to combine, and cook for 5 more minutes, or until the kale is cooked to your liking. If you chose to use pre-cooked whole grains, add them now. (If the farro is not done cooking yet, continue simmering until it's tender, then proceed with the kale. This could take another 20 minutes, depending on the farro.)
6. Taste, and season with more salt as needed. I usually add about 1/2 teaspoon—if the soup tastes flat, add more salt. To kick up the flavor a notch and balance the sweetness of the sweet potatoes, stir in the optional cayenne pepper.
7. Ladle the soup into bowls and serve. Leftovers keep well, covered and refrigerated, for about 4 days. The soup freezes well, too.

Notes: *Thai red curry paste is substituted with curry powder and turmeric powder

