

Inside Integrative Medicine

December 2017

See pages 2-3
for information
on FREE group classes
for patients, caregivers,
and anyone touched
by cancer.

Improve Your Lifestyle, Improve Your Health: The IM FIT Program

By Carol Eddy, MPT & Lorenzo Cohen, PhD

New findings shine a light on the importance of maintaining a healthy weight for cancer prevention and overall health. Being overweight is now recognized as a risk factor for over 13 different cancers and is linked with worse outcomes after a cancer diagnosis including breast, colon and rectum, endometrium, and esophagus to name a few. A new study released from the United States Centers for Disease Control and Prevention revealed that 40 percent of all cancers diagnosed in the United States in 2014 were cancers that are, at least in part, associated with being overweight or obese. More specifically, 55 percent of all cancers diagnosed in women and 24 percent of cancers diagnosed in men were in cancers linked with overweight and obesity. At the Integrative Medicine Center, we are making strides to help people to maintain a healthy weight with a lifestyle program called IM FIT.

IM FIT is an intensive lifestyle-modification program for people with cancer wanting to improve their health. It is based on two previously studied lifestyle-modification programs, the Diabetes Prevention Program and the PREMIER program. We built our program to improve upon those studies for the oncology population by incorporating intensive interventions with clinical specialists in the fields of oncology-specific nutrition, exercise counseling, and health psychology. We teach participants skills in each of these specific disciplines for sustained health behavior change with the goal of maintaining weight loss and/or improved overall health and fitness.

While there are a wide variety of weight loss programs available throughout the community that help participants lose weight successfully, many of those participants regain much, if not all, the weight lost. A recent study evaluating the behaviors of people who maintained weight loss for at least ten years found that weight loss maintenance requires sustained behavior change. For this reason, our program includes a follow-up maintenance program

to encourage accountability until sustainable behavior change is realized. Because we know that improved body composition, physical activity, a nutritious diet, and decreased stress are all necessary to reduce cancer recurrence and improve overall health and cancer treatment outcomes, our aim is to encourage participants to achieve and sustain behavior change, even if weight loss is not achieved.

Why this program is unique:

- Emphasizes fitness and health even in the absence of weight loss
- Teaches skills for sustained behavior change
- Education and counseling provided by clinical experts
- Drivers of emotional eating addressed in therapy
- Incorporates strategies to reduce stress and develop healthy methods for stress management
- Instruction for self-efficacy in exercise and injury prevention
- Teaches participants to select and prepare nutritious foods
- Comprehensive, ongoing medical monitoring
- Long-term follow-ups for accountability in behavior change.



To qualify for this program, patients must be evaluated by one of our physicians at the Integrative Medicine Center. Please call 713-794-4700 for more information.

Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

Physical



Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



Shape-Up Circuit*

A fitness class designed to improve body composition by increasing muscle strength and burning calories. Led by the Integrative Medicine Physical Therapist, this class will follow a "circuit" format, with different exercises at each station. Suitable for any fitness level. Please bring a water bottle.



Tai Chi

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



Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance, and martial arts.

Mind-Body



Qigong

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



Tibetan Meditation*

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

- **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

- **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

- **Breath & Movement**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



Yoga for Health

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

Social

Cooking for Optimal Health*

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



Meditation and Daily Life*

Learn meditation in an interactive class format. Each meditation experience includes an exploration of Tea, Art, Writing, or Nature. Themes rotate weekly. Goals include lowering stress and enhancing connectedness with self and surroundings.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

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.

December 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:30-12:30 Yoga for Health
4 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health	5 9:30-10:30 Tibetan Meditation: Sacred Sounds 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	6 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Tea	7 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	8 11:30-12:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages
11 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health	12 9:30-10:30 Tibetan Meditation: Breath and Movement 11:00-12:00 Get Moving 12:00-1:30 Cooking for Optimal Health 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	13 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Art	14 3:30-4:30 Qigong	15 11:30-12:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages
18 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health	19 9:30-10:30 Tibetan Meditation: Power of Breath 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	20 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Writing	21 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	22 11:30-12:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages
25 WINTER HOLIDAY	26 WINTER HOLIDAY	27 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages	28 3:30-4:30 Qigong	29 11:30-12:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages

All classes are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

Individual Outpatient Clinical Services

An MD Anderson physician's order is required before scheduling any of the services listed below.

For additional details, please:

- Call 713-794-4700
- Visit our website <http://www.mdanderson.org/integrativemedcenter>
- Visit one of our **2 outpatient locations**:
 - **Main Clinic**: R1.2000, a free standing facility east of the Main Building near valet
 - **Mays Clinic**, 2nd floor near elevator T

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

Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

Acupuncture

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. The initial treatment is \$70 and follow up treatments are \$40.

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.

Meditation Consultation

Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

For information on our inpatient services, please call 713-794-4700.



MD Anderson Cancer Center's Integrative Medicine Program Workshop

The Integrative Medicine Program Workshop is designed for healthcare professionals interested in learning more about integrative medicine in a comprehensive cancer center.

The primary goal of the program is to expose the participant to key aspects of Integrative Oncology at The University of Texas MD Anderson Cancer Center.

- Learn tools to help you establish an integrative oncology program
- Gain key insights into our clinical programs and operations, research and education programs
- Meet and interact with program leaders and faculty
- Visit our integrative medicine center facilities, including our clinic and group programs activity area

Date: Feb 28 & March 1, 2018

Price: \$350

Registration: SAMonroe@mdanderson.org

Location: Mays Clinic, Floor 2, Room ACB2.1049

(Across from the Gift Shop)

1220 Holcombe Blvd., Houston, TX 77030

For more information: contact Sydsil Monroe
SAMonroe@mdanderson.org or 713.745.5046