

Inside Integrative Medicine

July 2017

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

Meditation: Tools to Improve Our Life

By Alejandro Chaoul, PhD, Lorenzo Cohen, PhD, Gabriel Lopez, MD

The belief that what we think and feel can influence our health and healing dates back thousands of years. The importance of the role of the mind, emotions, and behaviors in health and well-being is central to traditional Chinese, Tibetan, Greek, and Ayurvedic medicine as well as other medical traditions of the world. Meditation is one of the mind-body practices that these ancient traditions use, taking a variety of forms such as focusing on one's breath, utilizing sounds or mantras, and incorporating body movements.

What is meditation?

Meditation has been described as "a wakeful hypo metabolic physiologic state" in which the practitioner is extremely relaxed, yet alert and focused. Although meditation methods can vary, most types of meditation share common features including focused attention, controlled regulation of breathing, and control over thoughts and feelings that come to mind, or what sometimes we call our 'monkey mind'. Meditation, among other things, helps bring awareness to the relation between the mind and body; acknowledging the constant dialogue and two-way effect that the mind and body have on each other.

Using Meditation during Cancer Treatment

Research shows that meditation can have a positive effect on many systems in our body (e.g., immune, endocrine, neurotransmitters, and even gene expression to name a few), leads to improved quality of life, reverses the harmful effects of stress, and creates fundamental changes in the way the brain functions. In other words, meditation can help in maintaining a healthy mind-body balance and to manage one's stress or the fight or flight response. Meditation has an excellent safety profile, and the research to date indicates that there is good evidence that meditation practices are beneficial for people with cancer. The 2007 National Health Interview Survey revealed that some 20 million U.S. adults use meditation for health purposes.



Bringing Meditation into Your Life

At our Integrative Medicine Center we offer two free meditation classes every week: **Tibetan Meditation** and **Meditation and Daily Life**. In the **Tibetan Meditation** class, we focus on the **Power of Breath**, using techniques that support being in the relaxation response instead of the 'fight or flight response'; **Sacred Sounds**, a technique that was found to help with memory and cognitive function after chemotherapy; and **Breath & Movement**, a practice that we found improves sleep disturbances, among other benefits. The **Meditation and Daily Life** class engages participants using group format to experience and learn about making meditation a part of daily life through the use of **Tea, Art, Writing, and Nature (each week there is a different focus)**. Participating in these classes can help develop your meditation skills as you create and expand your meditation toolbox. Mind-body approaches such as meditation can offer support for your overall health during and after cancer. Additional resources on the topic of meditation and integrative medicine, including audios and videos both in English and Spanish, are available on our website.

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.



Yoga for Fitness

A beginning/intermediate level yoga class that focuses on moving through postures with breath.



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.



Therapeutic Group Drumming

Socialize with others and express yourself creatively while learning to play a variety of percussive instruments. No experience needed!



Singing Support Group

Are you a cancer patient or caregiver who enjoys singing? If you are, this choir is for you. Let's get together and celebrate life.



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

July 2017

- Call the Integrative Medicine Center at 713-794-4700 to register.
- All participants must arrive 15 minutes early to check in for group classes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health 3:30-4:30 Singing Support Group	4 HOLIDAY: 4th of July	5 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Writing	6 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming	7 11:30-12:30 Yoga for Fitness
10 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health 3:30-4:30 Singing Support Group	11 9:30-10:30 Tibetan Meditation: Breath and Movement 11:00-12:00 Get Moving 2:00-3:00 Yoga for Fitness	12 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Nature	13 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming	14 11:30-12:30 Yoga for Fitness
17 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health 3:30-4:30 Singing Support Group	18 9:30-10:30 Tibetan Meditation: Power of Breath 11:00-12:00 Get Moving 12:00-1:30 Cooking for Optimal Health 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	19 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Tea	20 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Tai Chi	21 11:30-12:30 Yoga for Fitness
24 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health 3:30-4:30 Singing Support Group	25 9:30-10:30 Tibetan Meditation: Sacred Sounds 11:00-12:00 Get Moving 2:00-3:00 Yoga for Fitness 3:30-4:30 Tai Chi	26 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Art	27 11:00-12:00 Shape-Up Circuit 2:00-3:00 Therapeutic Group Drumming 3:30-4:30 Qigong	28 11:30-12:30 Yoga for Fitness
31 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health 3:30-4:30 Singing Support Group				

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. Visits 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. Services are by appointment for patients and their caregivers with a treatment fee of \$70.

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.

Music Therapy

A board certified music therapist will provide evaluation and techniques that help encourage self-expression, reduce stress and anxiety, improve coping skills, and facilitate socialization. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

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

Friends of Integrative Medicine

exists to raise awareness within MD Anderson and the larger Houston community of the important role complementary and integrative medicine can play in cancer prevention and in helping those with cancer live better and longer.

Become a Member Today

Contact Dr. Alejandro Chaoul at machaoul@mdanderson.org for membership information.



The Fountain of Joy, which stands in front of the Integrative Medicine Center, was donated by longtime Friend of Integrative Medicine member and patient Joyce Arrington Smith.