

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

Inside Integrative Medicine

March 2018

A Plant-Centered Approach to Optimizing Nutrition During and After Cancer Care

By Sarah Lee, MS, RD, LD & Sue Thompson, MS, RD

Why is nutrition important during or after cancer treatment?

Maintaining a healthy diet and body weight is important both during and after treatment. During treatment, a healthy diet supplies the body with fuel and nutrients for repair and healing. After treatment, eating a balanced diet, engaging in physical activity, and maintaining a healthy weight throughout life can help reduce future cancer risk and maintain overall health.

A large proportion of cancer cases in the United States are preventable. It is estimated that one-third of some of the most common cancers and one-quarter of cancers overall are preventable through healthy patterns of diet and exercise. Additionally, one-third of cancer deaths are related to obesity and overweight, poor nutrition, and physical inactivity. Specifically, obesity is associated with numerous cancers including postmenopausal breast cancer, endometrial cancer, non-Hodgkin lymphoma, multiple myeloma, and cancers of the prostate, colon, pancreas, esophagus, kidney, gallbladder, liver, cervix and ovary.

Research shows that a healthful diet rich in a variety of vegetables, fruits, whole grains and beans/legumes, low in red and processed meat, and an overall low glycemic load reduces cancer risk and is associated with improved outcomes for those with cancer. This plant-centered pattern of eating provides vitamins, minerals, and important phytonutrients that help prevent cancer and other diseases. Consuming a plant-based diet can also help with weight control.

What are integrative medicine nutrition recommendations?

The MD Anderson Integrative Medicine Center follows the American Institute for Cancer Research and the World Cancer Research Fund (AICR/WCRF) recommendations for cancer prevention. These recommendations are based on systematic reviews of the literature on diet, physical activity, and cancer. The American Cancer Society has similar guidelines on nutrition and physical activity for cancer prevention as well as with the 2010 Dietary Guidelines for Americans, which are designed to promote health, reduce the risk of chronic disease, and reduce the prevalence of overweight and obesity.

Recommendations include:

- Be as lean as possible without being underweight
- Avoid sugary drinks, limit consumption of high calorie, low nutrient dense foods (particularly processed foods high in added sugar, low in fiber, or high in fat)
- Eat more of a variety of vegetables, fruits, whole grains, legumes/beans
- Limit intake of red meat and avoid processed meat
- Limit alcoholic drinks
- Limit consumption of salty foods and foods processed with salt
- Aim to meet nutritional needs through diet alone
- Be physically active as part of everyday life

Nutrition counseling services at the Integrative Medicine Center

At the MD Anderson Integrative Medicine Center, our integrative nutrition services follow an evidence-informed approach to optimizing nutrition during and after cancer care. Our services aim to help you manage weight and achieve nutritional goals in a healthy manner. We understand that the path towards achieving positive, lasting-change in your health and lifestyle is a process that requires support, adjustment, and taking small steps.

The focus of nutritional counseling involves assessing the individual nutrition needs of each patient and providing practical, scientifically sound assistance, such as:

- Enhancing quality of life during and after treatment through healthy eating
- Helping to achieve and maintain a healthy body weight
- Creating strategies for developing eating plans that are reasonable and sustainable
- Developing techniques to improve awareness of your eating habits
- Incorporating healthy nutrition habits into daily living
- Working with family to achieve nutritional goals

For more information, please refer to page 4 of this newsletter or call 713-794-4700.

Outpatient Group Clinical Services

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

Physical



Brief Relaxation Massage

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 whole food, 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.

March 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 3:30-4:30 Qigong	2 11:30-12:30 Yoga for Health 1:00-5:00 Brief relaxation massage
5 8:00-12:00 Brief relaxation massage 2:00-3:00 Yoga for Health	6 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	7 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massage 2:30-3:30 Meditation and Daily Life: Tea	8 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	9 11:30-12:30 Yoga for Health 1:00-5:00 Brief relaxation massage
12 8:00-12:00 Brief relaxation massage 2:00-3:00 Yoga for Health	13 9:30-10:30 Tibetan Meditation: Breath and Movement 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	14 10:30-11:30 Yoga for Health 1:00-5:00 Brief relaxation massage 2:30-3:30 Meditation and Daily Life: Art	15 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	16 11:30-12:30 Yoga for Health 1:00-5:00 Brief relaxation massage
19 8:00-12:00 Brief relaxation massage 2:00-3:00 Yoga for Health	20 9:30-10:30 Tibetan Meditation: Power of Breath 12:00-1:30 Cooking for Optimal Health 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	21 10:30-11:30 Yoga for Health 1:00-5:00 Brief relaxation massage 2:30-3:30 Meditation and Daily Life: Writing	22 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	23 11:30-12:30 Yoga for Health 1:00-5:00 Brief relaxation massage
26 8:00-12:00 Brief relaxation massage 2:00-3:00 Yoga for Health	27 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	28 10:30-11:30 Yoga for Health 1:00-5:00 Brief relaxation massage 2:30-3:30 Meditation and Daily Life: Nature	29 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	30 11:30-12:30 Yoga for Health 1:00-5:00 Brief relaxation massage

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.

SAVE THE DATE

YOGA FOR HEALTH

HEART & CANCER CARE
TRAINING CONFERENCE
FOR YOGA & MIND-BODY TEACHERS
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MD Anderson Cancer Center
Making Cancer History®

TEXAS YOGA ASSOCIATION

TEXAS YOGA 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.