

Inside Integrative Medicine

May 2018

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

Acupuncture during and after Cancer Care

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What is acupuncture?

Acupuncture has been practiced in China and other Asian countries for thousands of years. Interest in acupuncture in the United States dates back to the 1970's and has been expanding ever since. Acupuncture is a safe and effective practice that may help provide relief for side effects of conventional cancer treatments. Research and interest in acupuncture continues to grow and it is now offered within many hospitals, including here at MD Anderson.

What are the potential benefits of acupuncture?

Acupuncture does not treat cancer, rather, it can be safely used as a complementary therapy to help provide relief from cancer and cancer treatment related symptoms. Acupuncture can help with:

- Pain (e.g., joint pain, musculoskeletal pain, chemotherapy-induced peripheral neuropathy)
- Chemotherapy-induced and post-operative nausea and vomiting
- Fatigue
- Hot flashes
- Xerostomia (Dry mouth)
- More limited research suggests it may help with: post-operative constipation, sleep disturbances, and depression.



What to expect during an acupuncture treatment?

During an acupuncture treatment, small stainless steel needles are inserted into specific points on the body and left in place for 20-30 minutes. The needle's effects may be augmented with manual or electrical stimulation and/or heat. The length and frequency of acupuncture treatments may vary according to the condition being treated. Typically, two treatments weekly for 3 to 4 weeks are initially recommended, but treatment plans can vary according to the symptoms being addressed. Treatments may then decrease in frequency as the treatment plan progresses and desired results are achieved. Consider wearing loose comfortable clothing and avoid having a large meal just before an appointment, a light healthy snack is best.

Is acupuncture safe during cancer treatment?

Treatment should be performed by an acupuncturist with appropriate certification and who has experience in working with individuals with a cancer history. Acupuncture is a safe, minimally invasive, evidence-based practice and has few side effects. Most patients report very little discomfort. Patient's lab results are reviewed before each treatment to check for risk of bleeding or infection. If a patient has an infection or is at high bleeding risk, he or she may not be eligible for this service.

Is acupuncture appropriate for me?

It is best to discuss your interest in acupuncture with your cancer care team. To discuss the role of acupuncture as part of your cancer care, you may request a referral to the Integrative Medicine Center for a physician consultation. During the initial consultation, each patient is evaluated comprehensively and referrals are made to services such as acupuncture according to the individual's physical, mind-body, 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 care.

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.



Meditation for Health*

Meditation is a practice that brings awareness to your mind and body and may help reduce stress. We explore meditation techniques to help bring calm and focus to the present moment. These practices can help you to connect more deeply to yourself and others on your journey to health.



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.

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	2 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Tea	3 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	4 11:30-12:30 Yoga for Health
7 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health	8 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	9 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Art	10 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	11 11:30-12:30 Yoga for Health
14 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health	15 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	16 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Writing	17 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	18 11:30-12:30 Yoga for Health
21 8:00-12:00 Brief Relaxation Massages 12:00-1:30 Cooking for Optimal Health 2:00-3:00 Yoga for Health	22 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	23 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Nature	24 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	25 11:30-12:30 Yoga for Health
28 8:00-12:00 Brief Relaxation Massages 2:00-3:00 Yoga for Health	29 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving 2:00-3:00 Yoga for Health 3:30-4:30 Tai Chi	30 10:30-11:30 Yoga for Health 1:00-5:00 Brief Relaxation Massages 2:30-3:30 Meditation and Daily Life: Tea	31 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	

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.

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.