

Inside Integrative Medicine

November 2018

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

Massage Therapy in Cancer Care

Curtiss Beinhorn, LMT & Sat-Siri Sumler, LMT

What is oncology massage?

The American Massage Association currently recognizes 65 different kinds of massage and bodywork. Swedish massage, which is based on the use of massage strokes to promote health and wellbeing, is the most widely practiced massage technique in the United States. Oncology massage is the adaptation of standard massage therapy practice to safely provide personalized massage for people who are experiencing short or long term symptoms from cancer or cancer treatments.

What are the benefits of oncology massage?

Patients report benefits of massage while undergoing active treatment, during recovery and into survivorship. Findings from multiple studies indicate oncology massage is effective in improving a patient's quality of life and providing relief for the following common cancer or treatment-related symptoms:

- Pain
- Anxiety
- Depression
- Fatigue
- Nausea
- Insomnia
- Well-being



How does oncology massage differ from standard massage?

Cancer related conditions are considered when adapting standard massage practice for someone with a history of cancer or cancer treatment. Unique concerns vary by individual and can change frequently. To ensure patient safety, massage modifications are made regarding the treatment site, the level of massage pressure, the pace or vigor of the massage technique, the position of the patient during the massage, as well as the duration and frequency of treatments.

Is oncology massage safe?

Research shows that Oncology Massage is safe during cancer treatment. It is important to find a licensed massage therapist who has had additional training in understanding cancer and associated symptoms, reviewing and understanding medical records and patient health conditions, in addition to necessary massage treatment modifications. Oncology massage therapists review the patient's medical and surgical history, medications, recent blood values, and imaging results to help identify any sites of recent surgery or radiation or increased risk for infection, bleeding / bruising, lymphedema, or fracture. Ongoing research at MD Anderson is examining the effects of massage to treat chemotherapy-induced peripheral neuropathy.

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. Class method rotates weekly (see calendar).



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

Staff Spotlight



Curtiss Beinhorn, LMT, BCTMB, MTI

Massage Therapist, Integrative Medicine Center

Beinhorn joined M.D. Anderson's Integrative Medicine Program in October 2003. He has been licensed in the State of Texas since 1992, certified by the National Certification Board and is a licensed massage instructor. He completed training at New York's Memorial Sloan-Kettering Cancer Center for "Medical Massage for the Cancer Patient" and has additional training in Russian medical massage for muscle and joint rehabilitation. Curtiss is a co-writer and presenter of the first massage course offered in the Texas Medical Center to train licensed massage therapists

on how to work with cancer patients, which was successfully completed in June 2005. Curtiss provides oncology massage treatments in the Integrative Medicine Center and also sees inpatients throughout the hospital as part of the Integrative Medicine Consult Service.

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.

November 2018

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

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. Treatments are \$55.

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.