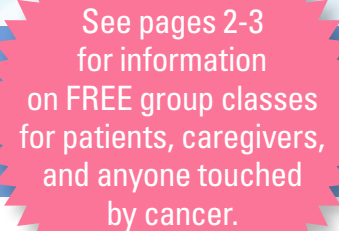


Inside Integrative Medicine

October 2018



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

Integrative Oncology Guidelines During and After Breast Cancer Treatment

By Gabriel Lopez, MD

What is Integrative Oncology?

A comprehensive definition for integrative oncology is “a patient-centered, evidence-informed field of cancer care that utilizes mind and body practices, natural products, and/or lifestyle modifications from different traditions alongside conventional cancer treatments. Integrative oncology aims to optimize health, quality of life, and clinical outcomes across the cancer care continuum and to empower people to prevent cancer and become active participants before, during, and beyond cancer treatment.”

Clinical Practice Guidelines during and after Breast Cancer Treatment

The American Society of Clinical Oncology (ASCO) recently endorsed clinical practice guidelines developed by the Society for Integrative Oncology (SIO). SIO is a multi-disciplinary professional organization seeking the advancement of evidence-based integrative healthcare to improve the lives of people affected by cancer. Guidelines were first published by the SIO in 2017 regarding safe and effective integrative therapies for patients with breast cancer. The guidelines are meant to support clinicians in making evidence-informed decisions regarding use of integrative therapies.

Key recommendations include the following:

- Music therapy, meditation, stress management, and yoga are recommended for anxiety/stress reduction.
- Meditation, relaxation, yoga, massage, and music therapy are recommended for depression/mood disorders.
- Meditation and yoga are recommended to improve quality of life.
- Acupressure and acupuncture are recommended for reducing chemotherapy-induced nausea and vomiting.
- Acetyl-L-carnitine (a natural compound) is not recommended to prevent chemotherapy-induced peripheral neuropathy because of a possibility of harm.

- No strong evidence supports the use of ingested dietary supplements to manage breast cancer treatment-related adverse effects.

Lifestyle-based counseling such as diet and exercise along with psychological interventions such as cognitive behavioral therapy are also recommended and should be part of the standard of care.

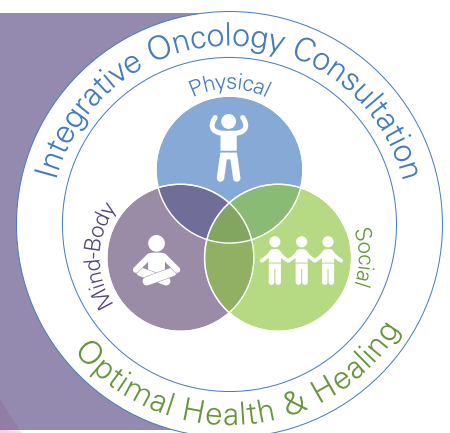
Additional information is available at:

www.asco.org/supportive-care-guidelines.

Integrative Medicine Center (IMC)

The IMC seeks to enhance the care of patients affected by cancer and their caregivers by providing and advancing comprehensive integrative treatment approaches through compassionate, evidence-informed clinical care, and research. We work collaboratively with oncology care teams with the goal of improving treatment outcomes and achieving optimal health and healing. For more information on the services we offer, please see page 4 of this newsletter.

Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches in a manner that is comprehensive, personalized, evidence-informed, and safe in order to achieve optimal health and healing.



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. Duration of massage is approximately 10 minutes. 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



Carol Eddy, MPT

Senior Physical Therapist, Integrative Medicine Center

Carol has been a physical therapist specializing in oncology rehabilitation since 1999. She received her master's degree in Physical Therapy from the University of Puget Sound. She worked as a physical therapist in outpatient orthopedics and oncology and lymphedema rehabilitation for several years before opening her own private practice in 2003. Her practice was dedicated solely to the rehabilitation of patients with cancer and lymphedema. Carol became part of the Integrative Medicine Team in 2014, and has since developed a lifestyle-modification program, named IM Fit, for cancer survivors wanting to improve their overall health and well-being. She also leads our Shape-Up Circuit class which builds muscle strength and burns calories.

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.

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 2:00-3:00 Yoga for Health	2 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	3 9:00-4:00 Brief Relaxation Massage 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Art	4 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	5 11:30-12:30 Yoga for Health
8 2:00-3:00 Yoga for Health	9 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	10 9:00-4:00 Brief Relaxation Massage 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Writing	11 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	12 9:00-4:00 Brief Relaxation Massage 11:30-12:30 Yoga for Health
15 2:00-3:00 Yoga for Health	16 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	17 9:00-4:00 Brief Relaxation Massage 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Nature	18 11:00-12:00 Shape-Up Circuit 3:30-4:30 Qigong	19 9:00-4:00 Brief Relaxation Massage 11:30-12:30 Yoga for Health
22 2:00-3:00 Yoga for Health	23 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	24 9:00-4:00 Brief Relaxation Massage 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Tea	25 3:30-4:30 Qigong	26 9:00-4:00 Brief Relaxation Massage 11:30-12:30 Yoga for Health
29 2:00-3:00 Yoga for Health	30 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	31 9:00-4:00 Brief Relaxation Massage 10:30-11:30 Yoga for Health 2:30-3:30 Meditation and Daily Life: Art		

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
proudly presents



SPEAKER:
M. Laura Nasi, M.D.

DATE: Thursday, October 18, 2018

TIME: 2 - 3 p.m.

LOCATION: Main Building, Floor 11,
Elevator B, Anderson Conference Hall
(R11.1100), Room 5

**This event is FREE
and open to the public.**

For more information contact:
Shelby Perez
saperez1@mdanderson.org

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History®