

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

Inside Integrative Medicine

Integrative Medicine at MD Anderson: Improving Treatment Outcomes and Achieving Optimal Health and Healing

What is integrative medicine?

Integrative Medicine is an approach to health care delivery that balances complementary health approaches and lifestyle medicine with conventional medicine in a deliberate manner that is personalized, evidence-informed, and safe. Complementary health approaches refer to natural products (e.g., dietary supplements, herbals), mind and body practices (e.g., meditation, yoga, massage, acupuncture) and other systems of care such as traditional Chinese medicine, Ayurvedic medicine, or naturopathy.

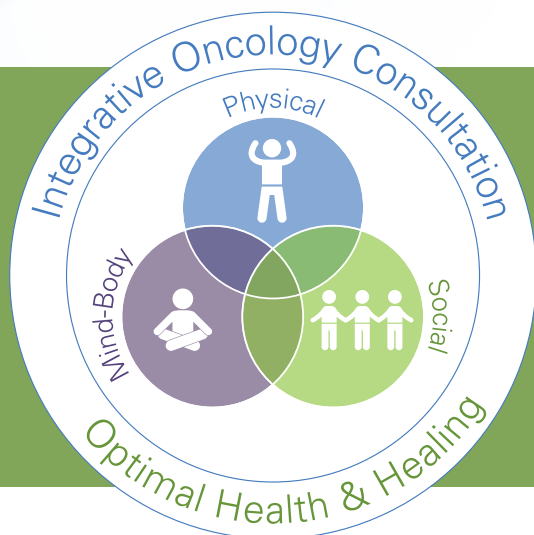
What is integrative oncology?

Integrative oncology is the application of integrative medicine to the care of cancer patients and their caregivers. Integrative oncology consultations are available in the inpatient and outpatient setting through the Integrative Medicine Center.

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.

The integrative oncology consultation serves as the foundation for developing an integrative care plan that includes complementary health approaches and lifestyle changes. During the initial visit with the physician and Advanced Practice Provider, each patient is evaluated comprehensively and referrals are made to our other services 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 journey.



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



Tai Chi

The Tai Chi class includes soft, continuous, flowing movements that link mind and body. Tai Chi practice may provide health benefits including improvements in fitness, well-being, and sleep quality.



Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance, and martial arts.

Mind-Body



Qigong

Qi Gong is a moving meditation with postures designed to connect breath (Qi) with body movements. Roughly translated, Qi means "air" (breath) and Gong means "work." Qi Gong may promote health, contributing to improvements in well-being, stress, and sleep quality.



Yoga for Health

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Social



Connect & Reflect: Group Drumming

First-time drummers and experienced drummers: all are welcome! This group is led by a Board Certified Music Therapist and offers a guided, non-judgmental group drumming experience. Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members. Each class includes breathing and mindfulness techniques as well as an opportunity for reflection.



Art Collage Studio

The Collage Studio offers the chance to play with color, shape and composition while making personalized collages. In the Collage Studio, we will be cutting, tearing, and gluing paper from magazines and other sources into new images. Chance and surprise are the key ingredients when making collages. No experience necessary. All materials are provided. Everyone is welcome!

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

Staff Spotlight



Karla Crawford, MPH, RD, LD

Registered Dietitian, Integrative Medicine Center

Karla Crawford is a registered dietitian specializing in oncology. She received her nutrition degree from the University of Houston and her master's degree in Public Health with dietetic training from the University of Texas Health Science Center in Houston. She has worked with patients through the cancer continuum for over 8 years.

Karla's professional interests are in behavior change, nutrition education, community gardens, health promotion, and disease prevention through a plant-based diet and a healthy lifestyle.

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 2019

	<p>1</p> <p>11:00-12:00 Get Moving 3:30-4:30 Tai-Chi</p>	<p>2</p> <p>10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming</p>	<p>3</p> <p>10:30-11:30 Yoga for Health 3:30-4:30 Qigong</p>	<p>4</p> <p>1:00-2:30 Art Studio-Collage</p>
<p>7</p> <p>10:30-11:30 Connect & Reflect: Group Drumming 2:30-3:30 Yoga for Health</p>	<p>8</p> <p>3:30-4:30 Tai-Chi</p>	<p>9</p> <p>10:30-11:30 Yoga for Health 3:30-4:30 Connect & Reflect: Group Drumming</p>	<p>10</p> <p>10:30-11:30 Yoga for Health 3:30-4:30 Qigong</p>	<p>11</p>
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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.

Oncology Acupuncture Treatment

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.

Yoga/Meditation Consultation

Yoga/meditation decreases anxiety, depression, and improves sleep, memory and increases spiritual awareness and a sense of well-being. A certified Yoga therapist provides personalized yoga therapy for cancer patients and survivors using a variety of tools like breathing, yoga postures, relaxation practices and meditation. Cost: \$50 per consultation session

Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Initial visit or follow for \$50.