

Inside Integrative Medicine

December 2019

See back for information on FREE group classes for MD Anderson patients and caregivers.

Now offering acupuncture, Qigong, & Tai Chi at MD Anderson League City

The Benefits of Tai Chi and Qi Gong in Your Cancer Journey

Tai Chi and Qi Gong are safe, gentle, fluid, mind-body practices that promote health and well-being. Originating in China, they are often referred to as “moving meditations”. They are done in a standing position and can be adapted to sitting or lying down. Both practices are easy to learn. Tai Chi tends to be longer and more choreographed while Qi Gong is composed of individual postures that are easier to remember and learn.

The overall goals of Tai Chi and Qi Gong are to synchronize the breath (Qi or Chi) with body movements all while maintaining a calm, clear state of mind. The gentle, slow, graceful movements synchronized with relaxed, deep, diaphragmatic breathing helps to relax the mind and strengthen the body.

Recent studies show that these practices have many health benefits including increased flexibility, balance, strength, and fitness and may support immune function and healthy sleep as well as relieving pain, anxiety, and fatigue.

MD Anderson’s Integrative Medicine Center offers classes in Tai Chi and Qi Gong for both patients and caregivers at the Mays Clinic location (2nd floor). Classes are free with Tai Chi on Tuesdays at 3:30pm to 4:30pm and Qi Gong on Thursdays from 3:30 to 4:30pm (please refer to class schedule for specifics). There are videos posted at the Integrative Website for both of these practices at https://www.mdanderson.org/patients-family/diagnosis-treatment/care-centers-clinics/integrative-medicine-center/audio_and_video.html. To learn more about developing an integrative approach to your cancer care, ask your oncology team for an integrative medicine physician consultation. For more information, please call 713-794-4700.



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

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 lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being.

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. Cost: \$50 per session.

Outpatient Group Clinical Services

Physical



Tai Chi

The Tai Chi class includes soft, continuous, flowing movements that link mind and body.



Get Moving

Recharge and energize with up-lifting music and a blend of yoga, dance, and martial arts.

Activity Level:



= Gentle



= Active



= Very Active

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."



Yoga for Health*

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

Social



Connect & Reflect: Group Drumming*

Explore rhythm and sound to release stress while finding a unique connection to the self, the present moment, and fellow group members with breathing and mindfulness techniques.

Art Collage Studio

The Collage Studio offers the chance to play with color, shape and composition while making personalized collages by cutting, tearing, and gluing paper from magazines and other sources into new images.



*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.
- All classes are free

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>10:30-11:30 Connect & Reflect: Group Drumming</p> <p>2:00-3:00 Yoga for Health</p>	<p>3</p> <p>11:00-12:00 Get Moving 3:30-4:30 Tai Chi</p>	<p>4</p> <p>10:30-11:30 Yoga for Health</p> <p>3:30-4:30 Connect & Reflect: Group Drumming</p>	<p>5</p> <p>10:30-3:00 Yoga for Health</p> <p>3:30-4:30 Qigong</p>	<p>6</p> <p>1:00-2:30 Art Studio-Collage</p>
<p>9</p> <p>10:30-11:30 Connect & Reflect: Group Drumming</p> <p>2:00-3:00 Yoga for Health</p>	<p>10</p> <p>11:00-12:00 Get Moving 3:30-4:30 Tai Chi</p>	<p>11</p> <p>10:30-11:30 Yoga for Health</p> <p>3:30-4:30 Connect & Reflect: Group Drumming</p>	<p>12</p> <p>10:30-3:00 Yoga for Health</p> <p>3:30-4:30 Qigong</p>	<p>13</p>
<p>16</p> <p>10:30-11:30 Connect & Reflect: Group Drumming</p> <p>2:00-3:00 Yoga for Health</p>	<p>17</p> <p>11:00-12:00 Get Moving 3:30-4:30 Tai Chi</p>	<p>18</p> <p>10:30-11:30 Yoga for Health</p> <p>3:30-4:30 Connect & Reflect: Group Drumming</p>	<p>19</p> <p>10:30-3:00 Yoga for Health</p> <p>3:30-4:30 Qigong</p>	<p>20</p> <p>1:00-2:30 Art Studio-Collage</p>
<p>23</p>	<p>24</p> <p>HOLIDAY</p>	<p>25</p> <p>HOLIDAY</p>	<p>26</p> <p>HOLIDAY</p>	<p>27</p>
<p>30</p> <p>10:30-11:30 Connect & Reflect: Group Drumming</p> <p>2:00-3:00 Yoga for Health</p>	<p>31</p> <p>11:00-12:00 Get Moving</p>			

All classes are for MD Anderson outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005