

Inside Integrative Medicine

August 2019

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

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.

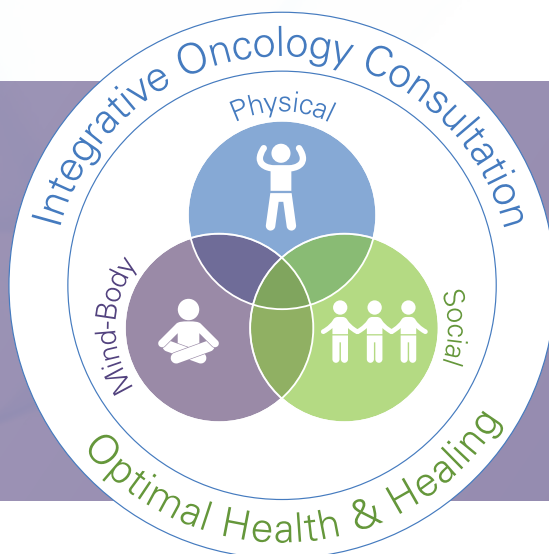
What is integrative oncology?

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



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

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.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

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.



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.



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.

Staff Spotlight



Catherine Powers-James, Ph.D.

Psychologist, Integrative Medicine Center

Catherine Powers-James is a licensed clinical psychologist and faculty member at MD Anderson Cancer Center. She received her doctoral degree in Clinical Health Psychology and completed an internship and postdoctoral fellowship at the Michael E. DeBakey VA Medical Center in Houston. Dr. Powers-James is interested in preventative care and health promotion within cancer populations. She uses evidence based treatments, such as cognitive-behavioral therapy, motivational interviewing, and acceptance and commitment therapy to help patients with their cancer diagnoses and to allow them to live a healthy, well-balanced life. Her primary research focuses on mind-body interventions and treatment of psychosocial symptoms.

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.

August 2019

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



Physical · Mind-Body · Social

Integrative Medicine Program Lecture Series

Tuesday, Sept. 17 @ 12:00 p.m.
Pickens Tower, Floor 2, Lobby Elevator
Training Room B (FCT2.4142 Room B)



Lorenzo Cohen, Ph.D.
Professor and Director,
Integrative Medicine Program,
Palliative, Rehabilitation, and Integrative Medicine
Division of Cancer Medicine,
The University of Texas MD Anderson Cancer Center



Gabriel Lopez, M.D.
Center Medical Director
Assistant Professor,
Palliative, Rehabilitation, and Integrative Medicine
Division of Cancer Medicine,
The University of Texas MD Anderson Cancer Center

The lecture is kindly underwritten by the Friends of Integrative Medicine.

The Lecture Series hosts expert speakers from around the world to present state-of-the-art research and clinical programs in the area of integrative medicine. Topics deal with evidence-based research on complementary cancer treatments and therapies. Events are held on the third Tuesday of every month and are designed for healthcare professionals within and outside of the institution. The Lecture Series is kindly underwritten by the Friends of Integrative Medicine.

Please inquire about CME credits and Certificates of Attendance at the registration table. Lunch will be provided for the first 50 participants.

University of Texas MD Anderson Cancer Center is an approved provider with commendation of continuing nursing education by the Texas Nurses Association - Approver, an accredited approver with distinction, by the American Nurses Credentialing Center's Commission on Accreditation.

THE UNIVERSITY OF TEXAS
MD Anderson
Cancer Center
Making Cancer History®