

Inside Integrative Medicine

July 2019

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

Acupuncture and Cancer Care

What is Acupuncture?

Acupuncture has been practiced in China and other Asian countries for thousands of years. Acupuncture is a safe, minimally invasive, evidence-based medical treatment. The use of acupuncture as an adjunctive therapy to treat side effects of cancer care has significantly increased in recent years and is now offered within many hospitals, including the MD Anderson Cancer Center.

What are the Potential Benefits of Acupuncture?

Acupuncture does not treat cancer, rather, it can be safely used as a complementary therapy alongside conventional care to help provide relief from cancer and cancer treatment related symptoms. Acupuncture can help with:

- Cancer and cancer treatment related pain management
- Chemotherapy induced and post-operative nausea and vomiting
- Fatigue
- Constipation/Post-operative ileus
- Hot flashes
- Xerostomia (Dry mouth)
- Chemotherapy Induced Peripheral Neuropathy
- Depression
- Anxiety
- Sleep disturbances
- Dyspnea

Who provides treatment?

Acupuncture treatments should only be provided by a qualified, state licensed acupuncturist. In most states, acupuncturists are required to sit for national board exams given by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

The NCCAOM requires that each acupuncturist complete a three and half year graduate level program from an accredited acupuncture school encompassing:

- 2025 hours of acupuncture and herbal didactic and clinical training
- 510 hours of Basic/lab sciences
- 90 hours of Counseling and Ethics

The NCCAOM requires that all acupuncturists complete continuing education in the subjects listed above to recertify.



What to expect during an Acupuncture treatment?

During an acupuncture treatment, very thin stainless-steel needles are inserted into specific acupuncture points on the body and left in place for 20-30 minutes. The needle's effects may be increased with manual or electrical stimulation and/or heat. The length and frequency of acupuncture treatments may vary according to the condition being treated, with chronic conditions requiring a longer treatment plan. Typically, two treatments weekly for 3-4 weeks are initially recommended, but treatment plans can vary according to the issue being addressed. Treatments may then decrease in frequency as the treatment plan progresses and desired results are achieved. The initial acupuncture consultation and treatment takes approximately one hour. Follow up sessions take approximately 30-45 minutes. Consider wearing loose comfortable clothing and avoid having a large meal just before an appointment, a light healthy snack is best.

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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.



Get Moving

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

Mind-Body



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.

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

Staff Spotlight



Susan Underwood, LAc, Dipl.OM (NCCAOM), LMSW

Acupuncturist, Integrative Medicine Center

Susan Underwood is a licensed acupuncturist and master's level social worker. She has been a member of the Integrative Medicine Center since 2014, serving patients in the outpatient clinic and inpatient hospital and participating in research exploring the efficacy of acupuncture in cancer care. She received her master's degree in social work at the University of Houston in 2003, and a master's degree in acupuncture at the American College of Acupuncture in Houston, Texas in 2008. Prior to working at MD Anderson Cancer Center, she practiced acupuncture for the

American College of Acupuncture and Oriental Medicine, Rice University Wellness Center, the Methodist Wellness Center, as well as operating a private practice specializing in pain and stress management. In addition, she has been a certified yoga instructor for 30 years and strives to live and promote an integrative 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.

July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30-11:30 Group Drumming	2 11:00-12:00 Get Moving	3 10:30-11:30 Yoga for Health	4 HOLIDAY	5 10:30-11:30 Group Drumming
8 10:30-11:30 Group Drumming	9 11:00-12:00 Get Moving	10 10:30-11:30 Yoga for Health	11 10:30-11:30 Shape-Up Circuit	12 10:30-11:30 Group Drumming
15 10:30-11:30 Group Drumming	16 11:00-12:00 Get Moving 12:00-1:30 Cooking for Optimal Health	17 10:30-11:30 Yoga for Health	18 10:30-11:30 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Tea	19 10:30-11:30 Group Drumming
22 10:30-11:30 Group Drumming	23 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving	24 10:30-11:30 Yoga for Health	25 12:30-1:30 Meditation and Daily Life: Art	26 10:30-11:30 Group Drumming
29 10:30-11:30 Group Drumming	30 9:30-10:30 Meditation for Health 11:00-12:00 Get Moving	31 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.

Acupuncture and Cancer Care *Continued from page 1*

Is Acupuncture safe during cancer treatment?

Acupuncture is a safe and effective treatment. Common side effects are similar to that associated with blood draws and may include bleeding, bruising, and mild pain. Most patients report very little discomfort. Some patients report feeling a sensation of heaviness, warmth and /or tingling at the needle insertion site. Less common side effects may include fainting and temporary numbness at the acupuncture site. Patient's lab results are reviewed before each treatment to check for risk of bleeding or infection.

Summary

Acupuncture is an effective adjunctive therapy to help manage symptoms related to cancer and treatment. Acupuncture can be safely and thoughtfully used as a part of an integrative approach to cancer care.

For additional information regarding the efficacy and application of acupuncture visit the following websites:

National Certification Commission for Acupuncture and Oriental Medicine
www.nccaom.org

National Cancer Institute
www.cancer.gov/about-cancer/treatment/cam/hp/acupuncture-pdq

National Center for Complementary and Integrative Health
www.nccih.nih.gov/health/acupuncture