

Inside Integrative Medicine

March 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.

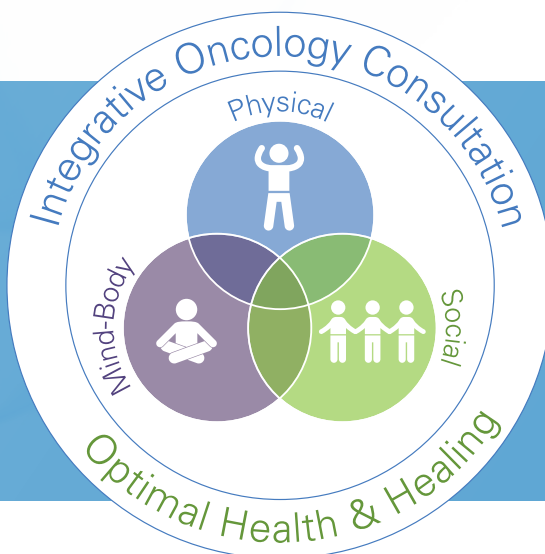
What is integrative oncology?

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

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



Alejandro Chaoul, Ph.D.

*Assistant Professor, Integrative Medicine Program
Department of Palliative, Rehabilitation & Integrative Medicine*

Alejandro Chaoul is an assistant professor and Director of Education for the Integrative Medicine Program at MD Anderson Cancer Center. Since 1999, he's conducted research using mind-body techniques with cancer patients examining how these practices can reduce stress, anxiety, and improve overall quality of life. He is also an adjunct faculty member at The McGovern Center for Humanities and Ethics and the founding director of the Mind Body Spirit Institute at the Jung Center of Houston. At the Integrative Medicine Center, Dr. Chaoul leads group meditation classes for patients and caregivers and provides individual meditation consultations for patients by referral.

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.

March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
4	5 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	6 10:30-11:30 Yoga for Health	7 11:00-12:00 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Art 2:00-3:00 Yoga for Health 3:30-4:30 Qigong	8
11	12 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	13 10:30-11:30 Yoga for Health	14 11:00-12:00 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Writing 2:00-3:00 Yoga for Health 3:30-4:30 Qigong	15
18	19 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	20 10:30-11:30 Yoga for Health	21 11:00-12:00 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Nature 2:00-3:00 Yoga for Health 3:30-4:30 Qigong	22
25	26 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	27 10:30-11:30 Yoga for Health	28 11:00-12:00 Shape-Up Circuit 12:30-1:30 Meditation and Daily Life: Tea 2:00-3:00 Yoga for Health 3:30-4:30 Qigong	

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.



MFA *The Museum of Fine Arts, Houston*

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HEALTH & WELLNESS PRESENTED BY MD ANDERSON CANCER CENTER

Health & Wellness "Seeing the Illusory through Meditation and Contemporary Craft" Presented by MD Anderson Cancer Center

Thursday, March 28, 2019: 6:30 p.m.—8 p.m.



Presented by Alejandro Chaoul, PhD, assistant professor and director of education, Integrative Medicine Program, MD Anderson Cancer Center

Meditation is a mind-body practice that can help you relax, manage stress, and access a deeper awareness—all of which have

broad implications for health and well-being.

In this program, learn how meditation can help you see through your stress. Take home techniques to incorporate into everyday life, and discover how meditation can help transform the perception of stress—similar to the ways contemporary craft can alter how we experience light, color, and perception.

Following the presentation, connect your meditative practice to the works of art on view. In-gallery prompts invite you to take a closer look, and consider the world through a different lens.

About Alejandro Chaoul

Born in Argentina, Alejandro Chaoul has studied with Tibetan Bon and Buddhist masters, and he has taught Tibetan meditation and mind-body techniques internationally. Chaoul obtained his PhD in Tibetan religions from Rice University. He is the author of *Chöd Practice in the Bön Religion*; *The Tibetan Yoga for Health and Wellbeing*; and numerous articles on mind-body practices in integrative cancer care; Tibetan meditation and ritual practices; and the intersection of humanities, spirituality, and medicine. He is also the founding director of the Mind Body Spirit Institute at The Jung Center of Houston and has recently named a Fellow of the Mind & Life Institute.

This program is free. Beginning February 19, reserve your spot.