

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

# Inside Integrative Medicine

September 2016

## What's New at the Integrative Medicine Center?

By: Gabriel Lopez, MD, Medical Director and Anne Marie Alcala, RN-BC, Integrative Medicine Center

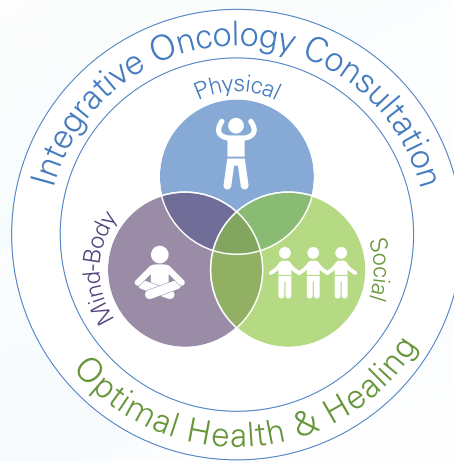
### Integrative Medicine Center Model

The Integrative Medicine Center (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-based clinical care and research.

Over the last year, the IMC outpatient and inpatient services have experienced continued growth. In September 2015, the center welcomed Dr. Gabriel Lopez as the new Medical Director. Dr. Lopez has been with the center since 2011 with clinical interests encompassing integrative oncology, supportive care, and development of systems for symptom assessment in an effort to enhance clinical care. The center also welcomed a new physician, Dr. Wenli Liu, and Nurse Practitioner, Jana Maldonado, to the team. In February 2016, a new outpatient clinical model was created to better align with the center's inpatient model, in which all requests for Integrative Medicine individual services first begin with an Integrative Oncology consultation. During this 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 patient's physical, mind-body, or social needs.

### Individual Clinical Services

In February 2016, the Integrative Medicine Center welcomed Lin Lin Shao, RD, LD as its new outpatient Senior Clinical Dietitian.



*Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches in a manner that is comprehensive, personalized, evidence based, and safe in order to achieve optimal health and healing.*

She specializes in educating patients on how to improve health by following a whole-foods, primarily plant-based diet. She is also collaborating with the IMC Senior Physical Therapist and Health Psychologist to counsel patients who join the "IM Fit" program, an 8-week program educating participants on skills for sustained comprehensive lifestyle change to improve health and well-being. The center also recently welcomed a full-time Acupuncturist, Susan Underwood, LAc, and Music Therapist, Antonio Milland Santiago, MT-BC. The IMC looks forward to resuming music therapy programs this fall. For more information on the Integrative

Medicine Center's individual clinical services, please see page 4.

### Group Clinical Services

Through the guidance of Carol Eddy, Senior Physical Therapist, the IMC implemented two new group clinical programs this past fiscal year (FY) – Shape-Up Circuit and Yoga for Fitness. Shape-Up Circuit is designed to improve body composition by increasing strength and burning calories. The program follows a "circuit" format, with different exercises and equipment at each station. We also launched Yoga for Fitness, which features postures at an intermediate level of intensity, to complement our existing Yoga for Health class, which offers more gentle postures and greater emphasis on breath work. Each yoga class is now offered twice a week. In May 2016, Lin Lin Shao resumed Cooking for Optimal Health, featuring demonstrations on how to prepare healthy dishes while providing tasty samples throughout the class. For more information on all our group clinical services, please see pages 2-3.

### Clinical Research

In FY16 and continuing in FY17, the center is conducting a massage clinical trial for the management of treatment-related peripheral neuropathy and has recently launched an acupuncture clinical trial for post-mastectomy pain. The IMC has also been recruiting for a couple's communication study regarding cancer-related symptoms, treatment, and caregiver-related issues.

# Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

## Physical

### **Cooking for Optimal Health**

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



### **Brief Relaxation Massages**

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



### **Tai Chi**

Find balance and strength through continuous flowing movements that link mind to body.



### **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.



### **Yoga for Fitness**

A beginning/intermediate level yoga class that focuses on moving through postures with breath.

## Mind-Body



### **Tibetan Meditation\***

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

#### • **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

#### • **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

#### • **Breath & Movement**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



### **Yoga for Health**

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



### **Qigong**

Experience this ancient Chinese system of self-care using meditation, breath, and movement.

## Social

### **Expressive Arts**

Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more! Pre-registration is not required.

Underwritten by  
COLLAGE: The Art of Cancer Network

### **Support Groups**

Professionally-led support groups provide education, and sharing for patients, family and friends. For a complete list of support groups, please call the Social Work department at (713) 792-6195. Pre-registration is not required.

### **P.I.K.N.I.C.**

An educational forum for patients, caregivers, and staff who want to learn more about issues relevant to cancer. PIKNIC topics may change, please call 800-345-6324 for the latest schedule. Pre-registration is not required.

### **Look Good, Feel Better**

Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (888) 227-6333

#### Activity Level:



= Gentle



= Active



= Very Active

\*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
- \* Following classes do not require pre-registration: Expressive Arts, PIKNIC, and Support Groups

# September 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>10:00-12:00</b> Look Good, Feel Better (Must pre-register at 888-227-6333) <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong	<b>2</b> <b>1:00-5:00</b> Brief Relaxation Massages
<b>5</b> Closed for Labor Day Holiday	<b>6</b> <b>9:30-10:30</b> Tibetan Meditation: Power of the Breath <b>3:30-4:30</b> Tai Chi	<b>7</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>11:00-12:00</b> Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) <b>5:00-7:00</b> Spine Support Group	<b>8</b> <b>11:00-12:00</b> Breast Cancer Support Group <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong	<b>9</b> <b>11:30-12:30</b> Yoga for Fitness <b>1:00-5:00</b> Brief Relaxation Massages
<b>12</b> <b>1:00-2:00</b> Yoga for Health	<b>13</b> <b>9:30-10:30</b> Tibetan Meditation: Sacred Sounds <b>12:30-1:30</b> myCancerConnection PIKNIC: Healthy Cooking for Cancer Survivors <b>2:00-3:00</b> Yoga for Fitness <b>3:30-4:30</b> Tai Chi	<b>14</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>12:00-1:00</b> Endometrial Cancer Support Group (Location: ACB2.1049 Side A) <b>6:00-7:30</b> Ovarian Cancer Support Group	<b>15</b> <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong	<b>16</b> <b>11:30-12:30</b> Yoga for Fitness <b>1:00-5:00</b> Brief Relaxation Massages
<b>19</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: TBD	<b>20</b> <b>9:30-10:30</b> Tibetan Meditation: Breath & Movement <b>12:30-1:30</b> myCancerConnection PIKNIC: TBD <b>2:00-3:00</b> Yoga for Fitness <b>3:30-4:30</b> Tai Chi	<b>21</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health	<b>22</b> <b>10:30-12:30</b> Active Surveillance Patient Support Group <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong	<b>23</b> <b>11:30-12:30</b> Yoga for Fitness <b>1:00-5:00</b> Brief Relaxation Massages
<b>26</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>12:00-1:00</b> Cooking for Optimal Health <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: TBD	<b>27</b> <b>9:30-10:30</b> Tibetan Meditation: Power of the Breath <b>12:30-1:30</b> myCancerConnection PIKNIC: How Quality Cancer Data Saves Lives <b>2:00-3:00</b> Yoga for Fitness <b>3:30-4:30</b> Tai Chi	<b>28</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health	<b>29</b> <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! (Location: ACB2.1049 Side A) <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong	<b>30</b> <b>11:30-12:30</b> Yoga for Fitness <b>1:00-5:00</b> Brief Relaxation Massages

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. Initial visit fee will range from \$85 to \$100. Follow-up visits range from \$45 to \$80.

## Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of \$70.

## 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.

For information on our inpatient services, please call 713-794-4700.

SAVE THE DATE



ONCOLOGY TRAINING CONFERENCE  
**FOR YOGA & MIND-BODY TEACHERS**

**OCTOBER 21 & 22, 2016**

**REGISTRATION FEES:**

**EARLY BIRD \$219 • REGULAR \$275 • ONSITE \$350**

Contact: [machaoul@mdanderson.org](mailto:machaoul@mdanderson.org)

Ismaili Jamatkhana and Center

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THE UNIVERSITY OF TEXAS  
**MDAnderson**  
Cancer Center  
"Making Cancer History"



## Friends of Integrative Medicine

exists to raise awareness within MD Anderson and the larger Houston community of the important role complementary and integrative medicine can play in cancer prevention and in helping those with cancer live better and longer.

### Become a Member Today

Contact Dr. Alejandro Chaoul at 713-792-9643 or [machaoul@mdanderson.org](mailto:machaoul@mdanderson.org) for membership information.



**The Fountain of Joy, which stands in front of the Integrative Medicine Center, was donated by longtime Friend of Integrative Medicine member and patient Joyce Arrington Smith.**