

Inside Integrative Medicine

January 2021

**Integrative
Medicine Virtual
Group Classes
Now Available**

Goodbye 2020, Hello 2021!

by Aimee Christie, Ph.D.

Coping with a global pandemic and the need to social distance has forced us to spend more time with ourselves, to face our own strengths and weaknesses, to acknowledge our personal resilience as well as “areas for improvement.” At a global level, we are also experiencing more stress than ever before. The new year can be a time to reflect on what’s working well and ways in which we would like to grow. Let’s welcome the new year with hope, optimism, and aspirations!

Often, we realize that improving our diet, exercising more, and reducing stress are valuable changes we can make for ourselves and our families. These lifestyle factors are important for cancer risk reduction and equally important to optimize during and after cancer treatment to improve quality of life and clinical outcomes. Most importantly, the benefits of maintaining these healthy lifestyle changes can last a lifetime and improve all aspects of your life.

To make any New Year’s resolution last deep into the new year and through the whole year, start SMART! Make goals for yourself using the SMART framework: Specific, Measurable, Achievable, Relevant, Time-limited. For example, a SMART goal for healthy eating may be: Eat 3 servings of vegetables and 2 servings of fruit every day for the next month. Start slow with baby steps; early success is key for motivation! Build on those changes over time. Ask yourself, “is this change something I can maintain over my lifetime?” This helps to turn these New Year resolutions into lifelong habits.

Here are some additional tips to help you succeed.

- Add accountability: Check in with a spouse, friend, support group, or medical provider about your progress.
- Monitor your progress: Record the data! Be a scientist and track whether you’re meeting your goals. Use the feedback to adjust your goals to be more realistic.
- Reward your successes: Be your own cheerleader and find ways to congratulate yourself for meeting your goals.
- Forgive yourself: Small set-backs, or a “bad” day, are just an opportunity to reflect on what did not work and set up your tomorrow for more success.

Finally, as you learn how to work towards new goals and a healthier lifestyle, remember to practice self-compassion. Be kind to yourself, be in the present moment, and remember that you’re not alone. Let’s grow together. Here’s to a better 2021!



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

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.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

View audio and video resources online:
www.mdanderson.org/integrativemedcenter

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 via MyChart/Epic Zoom.

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 food, plant-based diet for optimal health via telephone visit.

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. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

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.

Due to COVID-19 precautions, several integrative services are now available using a virtual format. Other services on hold. Please contact the Integrative Medicine Center for more details.

January 2021

How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Connect & Reflect with Music 1:30-2:30 Cooking for Optimal Health Noon – 1:00	Yoga for Health 10:30–11:30 Qigong 11:00–Noon Art Collage 1:30–3:00	Tai Chi 11:00–Noon Connect & Reflect with Music 1:30–2:30	

Class Descriptions:

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

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

Yoga for Health- Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

Connect & Reflect with Music- An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required. Collage Studio

Collage Studio- offers the chance to play with color, shape, and composition while making personalized collages. In the Collage Studio, we'll be cutting, tearing, and gluing a variety of papers to create new images. Chance and surprise are the key ingredients

Roasted Brussel Sprouts with Balsamic Vinaigrette

*Dietitian's Note: As we enter the new year there is a lot of focus and energy devoted to making lifestyle change especially regarding diet. This cruciferous vegetable packs anti-cancer properties and is a great addition to meal preps.

Preparation Time: 30 minutes
Serves: 4



Ingredients:

- 2 cups of raw whole Brussel Sprouts
- 1-2 tablespoons of grapeseed oil or oil of choice
- 1-2 teaspoons minced garlic
- 1 teaspoon salt
- ¼ teaspoon black pepper

Vinaigrette

- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar
- 1 Tablespoon honey

Instructions:

1. Slice Brussel sprouts in quarters
2. Add Brussel sprouts to bowl and add oil, garlic, salt and pepper. Mix ingredients together
3. Place Brussel sprouts on sheet pan. Bake on 400 degrees for 22 minutes.
4. In a small bowl add vinaigrette ingredients and mix well.
5. Once Brussel sprouts are done, place in dish and drizzle with vinaigrette.

