

Inside Integrative Medicine

January 2022

**Integrative
Medicine Virtual
Group Classes
Now Available**

Goodbye 2021, Hello 2022!

by Aimee Christie, Ph.D.

It's one year later, and we're still coping with a global pandemic. Life can seem uncertain as we face new variants, vaccine and booster recommendations, and safety concerns related to travel and socializing. We've had times of grief and also had times of celebration. For many of us, we've had a chance to look inward and check if our actions match our values or what is important to us. 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. 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: Let a spouse, friend, support group, or medical provider know your goal(s) and check in with them 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 if you are not meeting your goals or to set yourself more challenging goals.
- Reward your successes: Be your own cheerleader and find ways to congratulate and reward yourself for meeting your goals.
- Forgive yourself: Small setbacks, or "bad" days, are just opportunities to reflect on what did not work and plan for a more successful tomorrow.

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 2022!



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.

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.

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

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

Class Descriptions:

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: 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.

Journaling Workshop: Journal writing can be a form of meditation, stress relief, and self-expression. Journeys is a guided journaling workshop for patients and caregivers to practice creativity and express themselves in a safe space.

Cooking for Optimal Health: Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions

Healing Through Writing: Using expressive writing as a tool to identify and process difficult emotions in a supportive environment. Cooking for Optimal Health: Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 1:30	Cooking for Optimal Health Noon - 1:00 (2nd Tues)	Yoga for Health 10:30 - 11:30	Connect & Reflect with Music 1:30 - 2:30	Yoga for Health 10:30-11:30
Healing Through Writing 2:00-3:00 (2nd & 4th Mon)	Connect & Reflect with Music 1:30 - 2:30	Collage Studio 1:30 - 3:00 (1st & 3rd Wed)		Journeys: Journaling Workshop 1:00-2:00 (1st & 3rd Fri)

Preparation Time: 60 minutes

Serves:10

Website: <https://atthetable.mdanderson.org/recipe?id=544>

Turkey Lentil Chili

Ingredients:

- 2 tsp olive oil
- 1 lb. 93% lean turkey
- 1 medium white or yellow onion, medium dice
- 2 large cloves garlic, minced
- 1 tsp ground cumin
- 2 cups dried brown lentils, rinsed
- 1 14.5 oz can tomato puree
- 1 14.5 oz can diced tomatoes, including liquid
- 6 cups low sodium chicken broth
- 1tbsp chili powder
- ¼ teaspoon black pepper

Instructions:

1. In a heavy stock pot over medium heat, saute the onion in olive oil until transparent, about 5 minutes. Add minced garlic and saute another 30 seconds. Crumble in the ground turkey and cook until turkey is cooked through, stirring frequently.
2. Add cumin and toast until fragrant, about 1 minute.
3. Add lentil through chili powder and stir to blend, bring to a boil; reduce heat, cover and cook on medium heat about 30 minutes. Remove lid and let simmer for 15-20 minutes until lentils soft and the chili is the desired consistency.
4. At end of the cooking time, season with salt, pepper and optional red pepper flakes. Garnish each serving with sliced green onions and grated cheddar cheese, if desired.

