

Inside Integrative Medicine

July 2024

Group Classes
are Virtual

Exercise and Cancer Related Fatigue

By Lorenzo Cohen, PhD, Gabriel Lopez, MD and Christin Brehm, PT, DPT, Sr. Physical Therapist

Do You Have Cancer-Related Fatigue?

Take a moment and ask yourself these questions: Have you or a loved one experienced fatigue since starting cancer treatment? Are you or your loved one still experiencing fatigue during or after treatment has ended? Has cancer-related fatigue persisted? Does it interfere with your ability to enjoy life and do things you want and need to do?

Did You Know?

- Up to 80-90% of patients treated with radiation, chemotherapy, and other treatments experience cancer-related fatigue. It can affect one's social, spiritual, relational, work, and emotional life.
- Cancer-related fatigue is one of the most common and disabling adverse effects reported by patients during and after treatment and can persist for years.
- Exercise is preferable to drug-based options for preventing and treating fatigue.
- Low to moderate aerobic exercise has the strongest evidence for helping to reduce fatigue.
- To reduce fatigue, the American College of Sports Medicine recommends 3 times a week of 30 minutes per session of aerobic exercise, and 2 times a week of, 2 sets of 12-15 repetitions of strengthening/resistance exercise to work all major muscle groups at moderate intensity.

Exercise and Fatigue Principles

While exercise is one of the most beneficial ways to reduce cancer-related fatigue, certain principles must be kept in mind when exercising. Exercise pacing is a must and involves performing smaller, shorter, and more frequent bouts of exercise throughout the day and week, as opposed to longer, more isolated exercise sessions. This allows the body to recover from exercise, without excessively depleting energy stores. Also, you may feel an energy boost with shorter, more frequent bouts of exercise. It is also important to keep in mind that the exercise intensity should be moderate. If the intensity is too light, you may not perceive the benefits of exercise, but with overly vigorous intensity you may wear yourself out. You need to find what works for you. Simply being more physically active and incorporating movement into your day will also help.

What can I do now?

Exercise during and after cancer treatment is safe and recommended by the American Cancer Society, the American College of Sports Medicine, and the American Institute for Cancer Research. But how do you know where to start? That is where the Integrative Medicine Physical Therapy consultation can be helpful. Within the Integrative Medicine Center, 1-on-1 Physical Therapy consultations allow a Physical Therapist who is specialized in oncology care to create an individualized exercise plan while considering treatment related side effects and symptoms. The exercise counseling session allows time to develop a safe and effective exercise routine with the intent to empower and equip patients to further progress their exercise routines safely, effectively, and independently.

For more information, please contact the Integrative Medicine Center at 832-750-3685.



Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care.

Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise.

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 are \$80.

Oncology Massage Treatment

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

*Prices for IMC services may be subject to change depending on insurance coverage.

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 such as anxiety, poor sleep and low mood.

Yoga Therapy Consultation

A yoga therapist provides guidance on how to use yoga and meditation to help lower stress, improve sleep, mood and overall quality of life. Cost: \$50 per session.

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.

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.

How to Register for our Virtual Group Classes:

1. Call the Integrative Medicine Center at 832-750-3685.
2. All classes are free.
3. Complete e-update *liability waiver and telemedicine consent in MyChart at least 48 hours prior to the scheduled class.

Note: All classes are open to both patients and caregivers.

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Yoga Nidra 10:00-11:00 2nd Tues.	Yoga for Health 10:30-11:30	No Classes	Yoga for Health 10:30-11:30
Connect & Reflect with Music 1:30-2:30	5:00 - 6:00 4th Tues. Pranayama/Breathing 10:00-11:00 1st & 3rd Tues.	Healing Through Writing 2:00-3:00 2nd Wed.		

Group Class Descriptions:

Yoga for Health: Features a gentle form of yoga, including stretching, breathing, relaxation, and meditation techniques. No prior yoga experience is required.

Yoga Nidra/Meditative Relaxation: This is a guided meditation in the supine position to bring you into a state of deep restful awareness.

Healing Through Writing: Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

Pranayama/Breathing: The practice of Pranayama involves breath regulation through various breathing exercises.

Connect & Reflect with Music: A 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.

Smashed Cucumber Avocado Salad

Total Time: 50 minutes, 3 servings

Website: <https://plantbasedrdblog.com/2023/03/smashed-cucumber-avocado-salad/>

Ingredients:

Roasted Old Bay Chickpeas:

- 1, 15 oz can chickpeas, drained and rinsed
- 1 tbsp avocado oil
- 1 tsp Old Bay Seasoning
- 1 tsp smoked paprika
- 1 tsp garlic powder

Cucumber Avocado Salad

- 6 Persian cucumbers, cut in half lengthwise
- 1 avocado, cubed
- 1/3 cup cilantro, stems removed and minced
- 1 scallion, finely sliced
- 1 clove garlic, grated
- Juice and zest of one lime
- 1 1/2 tbsp tamari or soy sauce
- 2 tsp maple syrup
- 1 tsp sesame oil
- 1/4 tsp red pepper flakes, optional
- 1 tbsp toasted sesame seeds
- Kosher salt

Serving:

- Grain of choice (quinoa, rice, farro, etc.)

Instructions:

1. Preheat oven to 425F. Place the rinsed chickpeas on a clean kitchen towel and pat dry, discarding any chickpea skins that rub off on their own.
2. Transfer the chickpeas to a parchment lined baking tray then top with the oil, Old Bay seasoning, smoked paprika, garlic powder, and a pinch of salt. Toss the chickpeas to evenly coat then spread out into a single layer on the tray. Place in the oven to bake for 25-30 minutes, tossing them half way through.
3. Place your halved cucumbers cut side down on a flat cutting board then with the flat side of your knife, smack down along the length of the cucumber until it splits. Slice the cucumbers diagonally into 1/2 inch pieces.
4. Transfer the cut cucumbers to a strainer propped on top of a bowl. Top the cucumbers with a generous sprinkle of salt and allow to sit and drain for 10-15 minutes.
5. Discard the excess water at the bottom of the bowl then add the drained cucumbers to it. Top the cucumbers with the avocado, cilantro, scallion, garlic, lime zest and juice, tamari, syrup, sesame oil and seeds, and red pepper flakes. Toss the salad to combine and adjust seasonings to taste.
6. To serve, add your grain of choice to a serving dish and top with the cucumber avocado salad, then the chickpeas and extra scallions, cilantro and sesame seeds as desired.

