

Inside Integrative Medicine

July 2021

**Integrative
Medicine
Virtual
Group Classes
Now Available**

Providing Integrative Oncology via Telehealth: Improving Treatment Outcomes and Achieving Optimal Health and Healing

What is integrative medicine?

Integrative oncology is an approach to cancer 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 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. Integrative oncology consultations are available in the inpatient and outpatient setting through Telehealth (video/telephone office visit).

We Are Here for You During These Challenging Times:

The global COVID-19 pandemic is causing tremendous stress and uncertainty in our world. Cancer patients and survivors are especially vulnerable during times of excess stress. Social isolation and being disconnected from loved ones and the care team can make it difficult to maintain a healthy lifestyle to help remain cancer free and improve quality of life.

The Integrative Medicine Center is here to help 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 via Telehealth and in-person clinical treatments.

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 Telehealth visit with the physician, each patient is evaluated comprehensively, and referrals are made to our other services according to the individual's physical, mind-body, or social needs. Services currently being offered via Telehealth include, nutrition counseling, yoga/meditation, music therapy, physical therapy, and health psychology. In-person visits include acupuncture and oncology massage treatments. Our interdisciplinary team works together closely to optimize and adapt the integrative care plan to the changing landscape of an individual's cancer journey.



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.

The mission of the Integrative Medicine Program is to optimize health, quality of life and clinical outcomes through integrative medicine education and research-driven clinical care.

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.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Cost: \$55 per treatment.

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

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

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.

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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	Cooking for Optimal Health Noon – 1:00 (2nd Tues)	Yoga for Health 10:30–11:30	Tai Chi 11:00–Noon	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	Qigong 11:00–Noon	Connect & Reflect with Music 1:30–2:30	Journaling Workshop 1:00–2:00 (1st & 3rd Fri)
		Collage Studio 1:30–3:00 (1st & 3rd Wed)		

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- 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.

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

Cucumber Quinoa Salad

Servings: 4-5 people

Total Time: 30-45 minutes



Ingredients:

- ½ red onion, diced 2 cups
- 2 cups chilled cooked quinoa
- ¼ cup crumbled feta cheese
- ½ cup fresh basil, chopped
- 2 tablespoons dill
- 1 cucumber, diced
- ½ teaspoon salt

Vinaigrette:

- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme

Instructions:

- In a large bowl toss all ingredients together until combined
- In a small bowl whisk vinaigrette ingredients together. Pour vinaigrette over salad and blend.

