

Inside Integrative Medicine

June 2020

**Integrative
Medicine Virtual
Group Programs
Coming Soon**

Cancer in the Time of Covid-19: Health Psychology is Here for You!

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Coping with cancer during a global pandemic undoubtedly causes additional stress. Patients may not be able to see family or friends. Conversations with your medical team are managed through screens rather than handshakes. Social distancing diminishes our opportunities to have fun and we are forced to find "a new normal." Nothing is normal in the time of Covid-19.

Integrative Medicine Health Psychology is here to support you through this tough time. Please reach out and request the care you need through our team.

Psychosocial Issues

Cancer is not just a physical disease, but a disease that affects many aspects of a person's life. Moreover, cancer treatment can cause or influence psychological issues. Psychosocial issues associated with a cancer diagnosis include:



- Lifestyle change: Weight gain, problems with nutrition, lack of physical activity, financial concerns, fatigue, and impaired sleep
- Emotional Distress: Depression/sadness/anxiety/worry
- Fear of recurrence
- Communication and other problems with family members

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

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

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. An additional \$10 may apply.

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

Psychology/Mental Health Support

Psychology services can help patients manage anxiety, depression, and stress. Talk therapy can lessen negative emotions, improve well-being and quality of life, improve sleep, facilitate positive growth, and decrease stress hormones and immune system dysregulation. Patients who undergo therapy may notice health benefits in both emotional and physical well-being.

Health Psychology Approaches:

Some treatments a health psychologist at the Integrative Medicine Center can provide include:

- Cognitive Behavioral Therapy (CBT): Teaches patients the most effective methods for changing behavior and facilitating healthy lifestyles. CBT can also help patients identify helpful thinking patterns for improved mood.
- Acceptance and Commitment Therapy (ACT): Encourages patients to act in ways that are consistent with their values, while using acceptance and mindfulness strategies to increase psychological flexibility.
- Interpersonal Therapy: Helps patients improve their relationships.
- Motivational Interviewing: Addresses ambivalence in making important changes in one's life.
- Mindfulness-based treatment: Teaches patients to nonjudgmentally focus their attention on their present moment, which encourages acceptance, gratitude, and well-being.

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.

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. 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.