

Inside Integrative Medicine

November 2023

**Integrative
Medicine
Virtual Group
Classes**

Massage Therapy in Cancer Care

What is oncology massage?

The American Massage Association currently recognizes 65 different kinds of massage and bodywork. Swedish massage, based on the use of massage strokes to promote health and wellbeing, is the most widely practiced massage technique in the United States. Oncology massage is the adaptation of standard massage therapy practice to safely provide personalized massage for people who are experiencing short or long term symptoms from cancer or cancer treatments.

What are the benefits of oncology massage?

Patients report benefits of massage while undergoing active treatment, during recovery and into survivorship. Findings from multiple studies indicate oncology massage is effective in improving a patient's quality of life and providing relief for the following common cancer or treatment-related symptoms:

- Pain
- Anxiety
- Depression
- Fatigue
- Nausea
- Insomnia
- Well-being

How does oncology massage differ from standard massage?

Cancer related conditions are considered when adapting standard massage practice for someone with a history of cancer or cancer treatment. Unique concerns vary by individual and can change frequently. To ensure patient safety, massage modifications are made regarding the treatment site, the level of massage pressure, the pace or vigor of the massage technique, the position of the patient during the massage, as well as the duration and frequency of treatments.

Is oncology massage safe?

Research shows that Oncology Massage is safe during cancer treatment. It is important to find a licensed massage therapist who has had additional training in understanding cancer and associated symptoms, reviewing and understanding medical records and patient health conditions, in addition to necessary massage treatment modifications. Oncology massage therapists review the patient's medical and surgical history, medications, recent blood values, and imaging results to help identify any sites of recent surgery or radiation or increased risk for infection, bleeding/bruising, lymphedema, or fracture. A pilot study at MD Anderson shows initial evidence of effectiveness for oncology massage in providing sustained relief from chronic chemotherapy-induced peripheral neuropathy.



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. Cost: \$80 per treatment.

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 of stress, anxiety, and depression via MyChart/Epic Zoom.

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.

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 MyChart/Zoom.

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 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.

November 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30–11:30	Yoga Nidra 3:30 - 4:30 <i>2nd Tues.</i>	Yoga for Health 10:30–11:30	Pranayama/Breathing 10:30–11:30 <i>1st Thurs.</i>	Yoga for Health 10:30-11:30
Connect & Reflect with Music 1:30 - 2:30	5:00 - 6:00 <i>4th Tues.</i>	Healing Through Writing 2:00 - 3:00 <i>2nd Wed.</i>	3:00 - 4:00 <i>3rd Thurs.</i>	

Group Class Descriptions:

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

Yoga Nidra: This is a guided meditation in the supine position to bring you into a state of deep rest.

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.

Staff Spotlight



Patricia "Patty" Kavanagh, LMT

Patricia "Patty" joined MD Anderson's Integrative Medicine Center in Spring 2023. Patty is a licensed massage therapist who received her education in 2008 at the Healing Arts Center in St. Louis, MO. With over 13 years of experience, she is an experienced and passionate therapist dedicated to providing exceptional care to cancer patients. With empathy at the core of her practice, she establishes solid therapeutic relationships with her patients, attentively listening to their concerns and customizing each session to promote their overall well-being. Patty considers it a privilege to contribute to comprehensive care and healing at MD Anderson, actively making a positive difference in the lives of those she serves. Patty is fluent in Spanish and English, allowing her to communicate effectively with diverse patients.



George "Jeff" Patterson, LMT

George "Jeff" joined MD Anderson's Integrative Medicine Center in 2022. He is a Licensed Massage Therapist with over a decade of experience. Jeff came to us from Central Florida where he was working in a hospital-based Sports Medicine and Rehabilitation center caring for patients recovering from accidents and surgeries. Along with Oncology Massage, he also holds certificates in A.I.S., (Active Isolated Stretching), Myofascial Release and deep tissue massage. Jeff provides oncology massage consultations in the Integrative Medicine Center and sees inpatients throughout the hospital.