

# Inside Integrative Medicine

October 2021

**Integrative  
Medicine Virtual  
Group Classes  
Now Available**

## Massage Therapy in Cancer Care

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### 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:

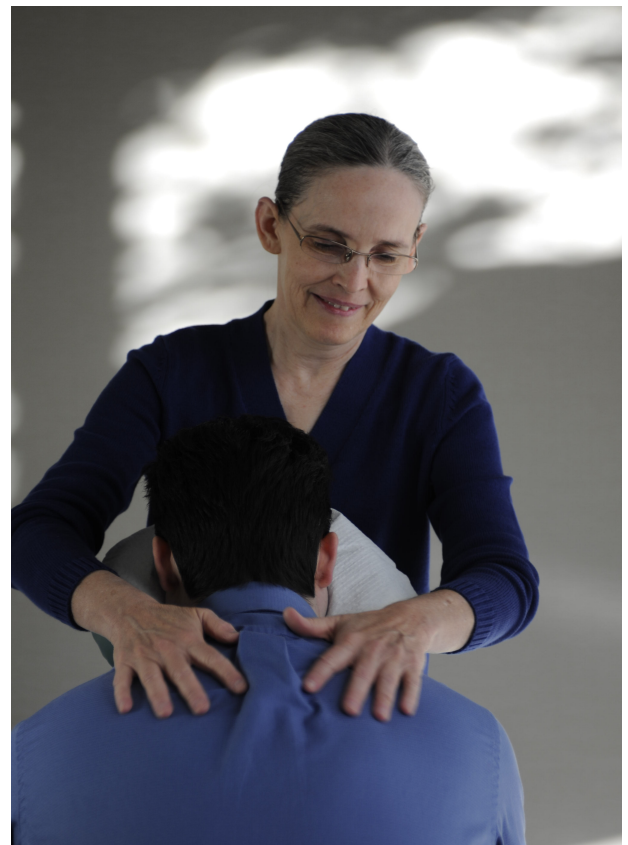
- Pain
- Anxiety
- Depression
- Fatigue
- Nausea
- Insomnia
- Well-being

### 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.

## 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](http://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.

## October 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.

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

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

## Lentil Soup

**Dietitian's Note:** Legumes such as lentils are a great source of protein and fiber. Not only are lentils important to maintain the healthy bacteria in your gut, they are also a good source of copper which is necessary for our bodies to produce collagen. This quick creamy vegan soup uses Kombu, an edible kelp, that enhances the flavor of any ingredient that it is paired with. In addition to great flavor, this seaweed offers a good source of iodine.

Cooking time: about 30 minutes  
Serves 3-4

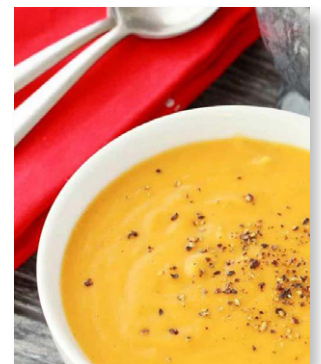


### Ingredients:

- 1 tablespoon olive oil
- ½ large yellow or sweet onion, minced
- 2 cloves garlic minced
- 2 teaspoon cumin
- 1 tablespoon red wine vinegar
- 1 ½ cup dried red lentils
- 4 cups vegetable stock
- 1 piece of Kombu (optional)

### Instructions:

1. Heat the olive oil in a medium heat until shimmering. Add the cumin, garlic and onion. Cook, stirring occasionally, until soft and translucent and just beginning to brown.
2. Add the lentils followed by the stock, red wine vinegar and kombu. Stir to combine. Cover, and bring the stock to a boil, then turn the heat down to low, and let simmer covered for about 30 minutes (Reduce cooking time in half by cooking in pressure cooker). Season with salt, to taste.
3. After cooking remove kombu, blend and serve.



Courtesy Loving it Vegan <https://lovingitvegan.com/vegan-lentil-soup/> accessed 2/18/19