

Inside Integrative Medicine

September 2022

**Integrative
Medicine
Virtual Group
Classes
Now Available**

Acupuncture and Cancer Care

What is Acupuncture?

Acupuncture has been practiced in China and other Asian countries for thousands of years. Acupuncture is a safe, minimally invasive, evidence-based medical treatment. The use of acupuncture as an adjunctive therapy to treat side effects of cancer care has significantly increased in recent years and is now offered within many hospitals, including the MD Anderson Cancer Center.

What are the Potential Benefits of Acupuncture?

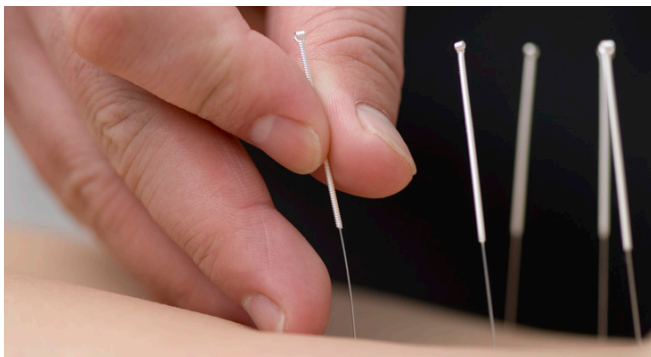
Acupuncture does not treat cancer, rather, it can be safely used as a complementary therapy alongside conventional care to help provide relief from cancer and cancer treatment related symptoms.

Acupuncture can help with:

- Cancer and cancer treatment related pain management
- Chemotherapy induced and post-operative nausea & vomiting
- Fatigue
- Constipation/Post-operative ileus
- Hot flashes/ Night sweats
- Xerostomia (Dry mouth)
- Chemotherapy Induced Peripheral Neuropathy
- Other symptoms

Who provides treatment?

Acupuncture treatments should only be provided by a qualified, state licensed acupuncturist. In Texas, acupuncturists are required to sit for national board exams given by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). The NCCAOM requires that each acupuncturist complete a minimum four year graduate level program from an accredited acupuncture school. The NCCAOM requires that all acupuncturists complete continuing education in the subjects listed above to re-certify.



What to expect during an acupuncture treatment?

During an acupuncture treatment, very thin stainless-steel needles are inserted into specific acupuncture points on the body and left in place for 20-30 minutes. The needle's effects may be modified as needed with manual or electrical stimulation and/or heat. The length and frequency of acupuncture treatments may vary according to the condition being treated, with chronic conditions requiring a longer treatment plan. Typically, two treatments weekly for 3-4 weeks are initially recommended, but treatment plans can vary according to the issue being addressed. Treatments may then decrease in frequency as the treatment plan progresses and desired results are achieved. The initial acupuncture consultation and treatment takes approximately one hour. Follow up sessions take approximately 30-45 minutes. Consider wearing loose comfortable clothing and avoid having a large meal, alcohol, and coffee just before an appointment, a light healthy snack is best.

Is Acupuncture safe during cancer treatment?

Acupuncture is a safe and effective treatment. Side effects may include bleeding, bruising, and pain, although most patients report very little discomfort. More commonly, patients report feeling a sensation of heaviness, warmth and /or tingling at the needle insertion site. Less common side effects may include fainting and temporary numbness at the acupuncture site. Patient's lab results are reviewed before each treatment to check for risk of bleeding or infection.

Summary

Acupuncture is an effective adjunctive therapy to help manage symptoms related to cancer and treatment. Acupuncture can be safely and effectively used as a part of an integrative approach to cancer care.

For additional information regarding the efficacy and application of acupuncture visit the following websites:

National Certification Commission for Acupuncture and Oriental Medicine www.nccaom.org

National Cancer Institute
www.cancer.gov/about-cancer/treatment/cam/hp/acupuncture-pdq

National Center for Complementary and Integrative Health
www.nccih.nih.gov/health/acupuncture

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.

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 virtually 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 virtually 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 virtually 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.

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

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

September 2022

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.

Cooking for Optimal Health - Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga for Health 10:30-11:30	Cooking for Optimal Health Noon-1:00pm (2nd Tues)	Yoga for Health 10:30-11:30	Connect & Reflect with Music 1:30 - 2:30	Yoga for Health 10:30 - 11:30
	Connect & Reflect with Music 3:30 - 4:30			

Amaranth Apple Breakfast Cereal

Amaranth is a hearty grain once used by ancient Aztecs in their worship rituals. It's a good source of fiber, amino acids, and vitamin C. In this recipe, it makes a satisfying hot breakfast

Cooking time: about 55 minutes

Serves: 4

Ingredients:

- 1 cup amaranth grains, uncooked
- 3 cups apple juice (or water, or a combination of both)
- 1 cinnamon stick
- 1 tsp ground cloves (or 3 whole cloves)
- 1/4 cup coconut milk
- 1 tsp ground cinnamon, or to taste
- 1 apple, cut into small chunks (or applesauce)
- pinch of sea salt

Variations:

- Instead of apples, you can use sliced or smashed bananas
- Add a handful of raisins



Instructions:

1. In a medium-sized pot over high heat, bring juice (or water), cinnamon stick, cloves, and salt to a boil.
2. Add amaranth and reduce temperature to medium-low.
3. Cook for 30 to 40 minutes, or until liquid is mostly absorbed, stirring occasionally.
4. Add apple chunks, coconut milk, raisins, and ground cinnamon. Allow to simmer for 4 minutes and continue to stir occasionally.
5. Remove from heat. Let cool and serve.