

Integrative Medicine Center

April 2015

Exercise: Part of an Integrative Approach to Cancer Care

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Exercise improves our health, reduces the risk of cancer, diabetes and heart disease and is a critical component to maintaining a healthy weight. For cancer survivors, there is another important benefit supported by scientific research:

Exercise can reduce the risk of recurrence and improves overall survival from certain cancers.

Studies show exercise is safe and beneficial for most cancer patients and survivors. Evidence is strongest that exercise can help reduce the risk of recurrence of breast, colon, glioma, ovarian, and prostate cancers. In fact, studies suggest women with breast cancer who exercise regularly have improved survival rates. However, most of these studies are observational and more research is needed.

Independent of how much someone exercises, emerging research is also showing sedentary behavior has negative health consequences. In fact, physical inactivity seems to have an effect similar to that of smoking or obesity - increasing the chances of developing non-communicable diseases, such as cardiovascular disease, diabetes and cancer. Researchers found physical inactivity caused 10 percent of the burden of disease for both breast and colon cancers.

Remaining active during cancer treatment can:

- Decrease cancer-related fatigue.
- Restore muscle strength and mobility following cancer surgery, radiation therapy, chemotherapy or stem cell transplants.
- Decrease bone loss from hormonal therapies or radiation.
- Improve sleep quality.
- Help manage depression and anxiety.
- Reduce many long-term and late effects of cancer treatments.

Exercise also has important biological and physiological effects that are important for remaining cancer free. Exercise can:

- Reduce fat stores in the body, eliminating cancer-causing substances stored in those fat cells.
- Regulate the body's balance of hormones, potentially leading to growth of certain tumors when imbalanced.
- Reduce the amount of sugar circulating through the blood stream, which causes our body to release insulin and other substances that can contribute to inflammation of certain tissues - stimulating cancer growth.
- Increase the number and function of natural killer cells in the blood stream.

Exercise-related guidelines suggested by the American Institute for Cancer Research and recommended by MD Anderson's Integrative Medicine Program encourage participation in at least 150 minutes of moderate or 75 minutes of vigorous physical activity each week. Moderate exercise causes heavier breathing, but allows you to carry on a basic conversation - during vigorous activity it becomes difficult to carry on a conversation.

Here are 5 tips to incorporate more exercise into your life:

1. Park farther away for grocery shopping, doctors' appointments, or at work.
2. Take the stairs; walk up and down escalators.
3. Take brief walk breaks throughout the workday and conduct walking meetings.
4. Put exercise equipment in front of your TV.
5. Stand more when working, watching TV, or talking on the phone.

Talk to your physician to see if participating in an exercise program would be beneficial and appropriate. Our Senior Physical Therapist can evaluate your current fitness level and work to establish a feasible and safe exercise program. To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request. For additional details, visit www.mdanderson.org/integrativemed.



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.

Group Clinical Services

All Classes are free.

Please call **713-794-4700** to sign up.

Physical

Nutrition Lecture

Learn about the special nutritional needs for cancer patients, information on organic foods, and more.

Cooking Class

Participants will observe as a dietitian makes dishes in our demo kitchen, then have the chance to enjoy some delicious samples.

- **Cooking for Optimal Health**

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Recipes will emphasize a different theme each month.



Brief Relaxation Massages

Experience a brief upper body massage for relaxation. These chair massages are generously funded by Angie's Spa.



Tai Chi

Find balance and strength through continuous flowing movements that link mind to body.



Get Moving

Recharge and energize with uplifting music and a blend of yoga, dance and martial arts.



Pilates

Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment overall and flexibility.



Yoga (Hatha)

Develop strength and flexibility during a sequence of postures while focusing on the breath as well as cultivate relaxation and mindfulness through meditation and breathing exercises.



Gardening 101

Join expert instructors from Urban Harvest for a lesson on gardening basics. Learn to plan, nurture, and harvest warm-season vegetables so that you can experience the benefits of gardening at your own home.

Mind-Body

Music for Health

Discover new ways to reduce stress, improve mood, and decrease fatigue! Each week learn a different skill and how to utilize your favorite music to improve your health.



Tibetan Bon Meditation

Relax and access a deeper awareness through connecting your mind, body and heart through breath, sound and movement practices. Class method rotates weekly (see calendar).

- **Power of Breath**

Through breath, learn various contemplative stress-relieving methods to use in everyday life.

- **Sacred Sounds**

Use sound techniques in combination with the breath, that can be helpful to increase memory and cognitive function.

- **Movement & Breath**

Experience meditation through simple movements & breathing techniques, supportive of better sleep.



Therapeutic Group Drumming

Learn drumming techniques from around the world. Express yourself in a safe creative music making environment. No experience required!



Qigong

Experience this ancient Chinese system of self-care using meditation, breath, and movement to balance the body's energy flow.



Yoga for Health

Learn ancient Indian Patanjali-based yoga practices of gentle stretching, breathing, and meditation to experience relaxation through the balance of Mind-Body-Breath.

Social



Singing Support Group

A support group for cancer survivors and caregivers who enjoy singing. Come join the fun!



Laughter for Health

A blend of deep breathing, stretching, and simulated laughter exercises that may help reduce stress, depression and more. Please bring a water bottle to class. Known in the community as "Laughter Yoga" - a blend of deep breathing, stretching and simulated laughter exercises that may help reduce stress, depression and more. Please bring a water bottle to class.

Expressive Arts

Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more!

Underwritten by
COLLAGE: The Art of Cancer Network

Look Good, Feel Better

Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (713) 792-6039.

Support Groups

Professionally-led support groups provide education, and sharing for patients, family and friends. For a complete list of support groups, please call the Social Work department at (713) 792-6195.

P.I.K.N.I.C.

An educational forum for patients, caregivers, and staff who want to learn more about issues relevant to cancer. PIKNIC topics may change, please call 800-345-6324 for the latest schedule.

Activity Level:



= Gentle



= Active



= Very Active

Mind-Body activities for pediatric inpatients and outpatients **ages 3-12** years and their caregivers.

Little Yogis

Experience a fun and unique combination of simple yoga postures with breathing, relaxation, guided imagery, and yoga games. Yoga brings confidence, strength, and balance while helping children to relax and improve sleep. Held in G9.3329 Activity Room.

Making Music

Express thoughts and feelings by playing instruments, learning new songs and creating musical stories. Held in G9.3329A Playroom.

How to schedule an appointment:

- Call Integrative Medicine Center at 713-794-4700 or send a message from myMDA to schedule an appointment.
- Arrive 15 minutes early to check in for group classes

April 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> • Following classes do not require pre-registration: Expressive Arts and Support Groups (with the exception of Singing Support Group) • All Integrative Medicine Center classes will stop accepting participants 10 minutes after the start of the class. This will allow the facilitators the maximum amount of time to work with the participants. This does not apply to PIKNIC, Look Good, Feel Better and the support groups. 		1 10:00-11:00 Nutrition Lecture 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group	2 10:30-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039) 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	3 11:30-12:45 Yoga (Hatha)
6 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates 2:00-4:00 Expressive Arts: Chinese Ink Art "The Sunflower"	7 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 12:15-1:00 Little Yogis 12:30-1:30 PIKNIC: Feeling 'Wilted' from Your Cancer Therapy? Let's Energize! 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	8 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 OvarianCancer Support Group	9 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Decrease stress with music 3:30-4:30 Qigong	10 11:30-12:45 Yoga (Hatha) 1:00-4:00 Brief Relaxation Chair Massages
13 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates	14 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 12:15-1:00 Little Yogis 12:30-1:30 PIKNIC: Oncofertility 101 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	15 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	16 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Fight Fatigue! Create your Personal Power Mix 3:30-4:30 Qigong	17 10:00-11:00 Gardening 101 11:30-12:45 Yoga (Hatha)
20 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates 2:00-4:00 Expressive Arts	21 9:30-11:00 Tibetan Bon Meditation: Movement & Breath 11:15-12:15 Get Moving 12:15-1:00 Little Yogis 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	22 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 11:30-12:30 Cooking for Optimal Health 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming	23 11:00-12:30 Active Surveillance Patient Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Explore symptom control-music and progressive muscle relaxation 3:30-4:30 Qigong	24 11:30-12:45 Yoga (Hatha) 1:00-4:00 Brief Relaxation Chair Massages
27 8:45-11:45 Brief Relaxation Massages 1:00-2:00 Pilates 2:00-4:00 Expressive Arts	28 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 12:15-1:00 Little Yogis 11:00-12:00 Support group Metastatic Breast Cancer 12:30-1:30 PIKNIC: Navigating Cancer Care: My Experience as a Patient 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	29 10:30-11:30 Yoga for Health 11:00-12:00 Making Music 1:00-4:00 Brief Relaxation Chair Massages 2:00-3:00 Therapeutic Group Drumming	30 12:00-1:00 Caregivers: I've Got Feelings, Too! 2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix 3:30-4:30 Qigong	<ul style="list-style-type: none"> • Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received. • A signed consent form is required to attend ALL Integrative Medicine group classes.

All classes in blue are for outpatients and their caregivers and are offered at the Mays Clinic location – ACB2.1005

All classes in green are offered in the Activity Room – G9.3329 All classes in orange are in the G9.3329A Playroom

Individual Clinical Services

An MD Anderson physician's order is required before scheduling any of the services listed below.

For additional details, please call 713-794-4700 or visit our clinic at R1.2000, which is a free-standing facility east of the Main Building near valet.

Integrative Oncology Physician Consultation

Our physicians will provide guidance on a comprehensive and integrative approach to your cancer care.

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.

Exercise/Physical Activity Consultation

Being more physically active may benefit patients during and after cancer treatment by decreasing fatigue and improving strength. A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation.

Acupuncture

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. Initial visit fee will range from \$85 to \$100. Follow-up visits range from \$45 to \$100.

Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Services are by appointment for patients and their caregivers with a treatment fee of \$70.

Music Therapy

Benefits of music therapy include, encouraging self-expression, reducing stress, improving coping skills and implementing protocols to improve cognitive, motor, communications and socialization skills. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

Meditation Consultation

Meditation decreases anxiety and negative emotions, improves sleep and memory and increases spiritual awareness and a sense of well-being. Initial visit fee is \$50. Follow-up visits range from \$25 to \$50.

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Integrative Medicine
proudly presents

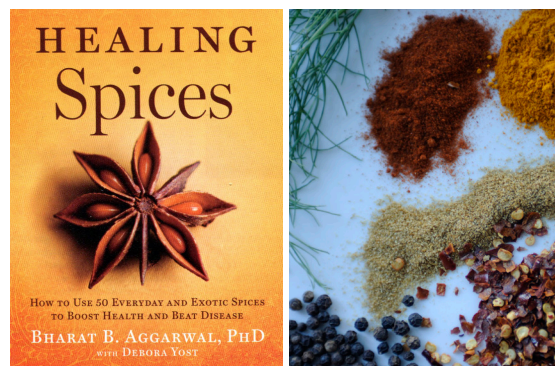
Spices and Health Lecture and Book Signing

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Monday, April 20, 2015

Registration: 6 – 6:30 p.m.

Talk: 6:30 – 7:30 p.m.



Featuring: **Bharat Aggarwal, PhD**

Professor, Department of Experimental Therapeutics
The University of Texas MD Anderson Cancer Center

Join Bharat Aggarwal, PhD, as he talks about the research and therapeutic uses of spices to boost your health. Enjoy some food samples prepared with some of the spices he will discuss. Dr. Aggarwal will also be available to sign his book "Healing Spices" following his talk. (Books available for purchase at the event).

Location:

South Campus Research Building 2
Conference Rooms 5 – 6
7455 Fannin Street, Houston, TX 77054

Free Parking:

Enter parking lot from OST, between Fannin and Bertner. Go straight and the surface parking lot will be on your left. The event will be held in the building on your right.

Light hors d'oeuvres donated by Hippo Kitchen

THE HIPPO KITCHEN 

Free (event donations accepted at registration)

RSVP: KMTaniguchi@mdanderson.org