

Inside Integrative Medicine

April 2016

See pages 2-3
for information
on FREE group classes
for patients, caregivers,
and anyone touched
by cancer.

Oncology Massage for your Health

By: Curtiss Beinhorn, LMT, BCTMB, MTI, Integrative Medicine Center



Massage goes beyond just feeling good – it has been found to help cancer patients in their quest for symptom relief. Oncology massage is the modification of existing massage therapy techniques in order to safely provide massage to patients who are experiencing side effects from cancer or its treatment.

Studies indicate oncology massage improves multiple aspects of a patient's quality of life.

Benefits of oncology massage *may* include:

- Reducing mood disturbance (anxiety/depression)
- Reducing fatigue
- Relieving stress
- Minimizes insomnia
- Relieving pain
- Promoting overall well-being

Oncology massage may be safe and effective during challenging times for those who have a history of cancer, received cancer treatment, are in active treatment, during recovery, survivorship or receiving supportive care. First speak with your physician to make sure massage integrates safely into your cancer treatment plan as part of a team-based approach to support your health needs.

About Your Visit:

The Integrative Medicine Center at The University of Texas MD Anderson Cancer Center offers oncology massage for both inpatients and outpatients and is also available to caregivers. All MD Anderson

massage therapists are licensed by the State of Texas, board certified, and have training in reviewing and understanding medical records and patient conditions.

What should I expect from my massage treatment at the Integrative Medicine Center?

- The first consultation takes about one hour.
- Vital signs will be taken before each treatment.
- Avoid having a large meal before your appointment.
- You may be asked to remove your clothing and put on a gown. Your privacy will be ensured; you will be covered appropriately.

Safety Precautions

Lab results will be reviewed before each session to assess your risk of bleeding and infection. If you have an infection or a high bleeding risk, you may not be eligible for a massage.

How many treatments will I need?

The exact number and frequency of treatments you will need depends on your symptoms, medical history, and physical assessment. Our integrative medicine team, which includes our oncology massage therapists, will work with you to develop a treatment plan.

Is it safe?

Site, pressure, and positioning restrictions are taken into consideration to ensure patient safety. In addition, laboratory data, imaging and all precautions are reviewed to provide safe and effective treatment.

Referral to Oncology Massage

If you are interested in oncology massage, please ask a member of your MD Anderson health care team to submit an online referral for an Integrative Medicine Consultation. You will first meet with one of our Integrative Medicine physicians to help determine if oncology massage would be safe and beneficial for you. For additional details visit www.mdanderson.org/integrativemedcenter.

Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

Physical



Brief Relaxation Massages

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



Get Moving

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



Tai Chi

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



Shape-Up Circuit*

A fitness class designed to improve body composition by increasing muscle strength and burning calories. Led by the Integrative Medicine Physical Therapist, this class will follow a "circuit" format, with different exercises at each station. Suitable for any fitness level. Please bring a water bottle.



Yoga for Fitness

A beginning/intermediate level yoga class that focuses on moving through postures with breath.

Mind-Body



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.

• Breath & Movement

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



Yoga for Health

Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.



Qigong

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

Social



Laughter for Health

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

Expressive Arts

Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, and much more! Pre-registration is not required.

Underwritten by
COLLAGE: The Art of Cancer Network

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. Pre-registration is not required.

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. Pre-registration is not required.

Look Good, Feel Better

Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (888) 227-6333

Activity Level:



= Gentle



= Active



= Very Active

*Program support provided by the Duncan Family Institute

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
- * Following classes do not require pre-registration: Expressive Arts, PIKNIC, and Support Groups

April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:30-12:30 Yoga for Fitness
4 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	5 9:30-10:30 Tibetan Bon Meditation: Power of Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	6 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 11:00-12:00 Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) 12:00-1:00 Laughter for Health 5:00-7:00 Spine Support Group	7 10:30-12:00 Look Good, Feel Better (Must pre-register at 888-227-6333) 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	8 11:30-12:30 Yoga for Fitness
11 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	12 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Caring for our Kids: Talking with Children About Serious Medical Illness and Death 3:30-4:30 Tai Chi	13 8:00-5:00 p.m. Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 6:00-7:30 Ovarian Cancer Support Group	14 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	15 11:30-12:30 Yoga for Fitness
18 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	19 8:00-12:00 Brief Relaxation Massages 9:30-11:00 Tibetan Bon Meditation: Breath & Movement 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	20 8:00-12:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	21 12:00-1:00 Caregivers: I've Got Feelings, Too! 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	22 11:30-12:30 Yoga for Fitness
25 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	26 9:30-10:30 Tibetan Bon Meditation: Power of Breath 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Oncofertility 101 3:30-4:30 Tai Chi	27 8:00-5:00 Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	28 10:30-12:00 Active Surveillance Patient Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	29 11:30-12:30 Yoga for Fitness

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

Individual Outpatient 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
- Visit our website <http://www.mdanderson.org/integrativemedcenter>
- Visit one of our **2 outpatient locations**:
 - **Main Clinic**: R1.2000, a free standing facility east of the Main Building near valet
 - **Mays Clinic**, 2nd floor near elevator T

Main Clinic Location

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

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 \$80.

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.

Mays Clinic Location

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.

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.

For information on our inpatient services, please call 713-794-4700.

Friends of Integrative Medicine
proudly presents

What is Acupuncture and How Does it Work to Treat Chronic Pain?



SPEAKER:

Vitaly Napadow, Ph.D., Lic.Ac.

Director, Center for Integrative Pain NeuroImaging
Associate Professor, Martinos Center for Biomedical Imaging
Massachusetts General Hospital
Harvard Medical School, Charlestown, Mass

DATE:

Monday, April 18

REGISTRATION:

6–6:30 p.m.

TALK:

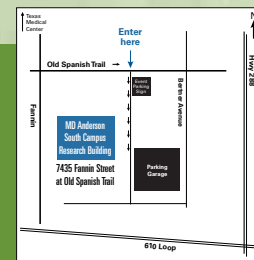
6:30–7:30 p.m.

LOCATION:

South Campus Research Building 2,
Conference Rooms 5-6,
7435 Fannin Street, Houston, TX 77054

FREE!

donations accepted
at registration



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.

RSVP:

KMTaniguchi@mdanderson.org or call 713-794-4700
Light hors d'oeuvres will be provided.

Underwritten by generous donors
and Susan & Dan Boggio.