

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

Inside Integrative Medicine

December 2015

Mindful Eating During the Holidays

By: Deema Simaan MPH, RD, LD; Smitha Mallaiah, mind-body intervention specialist, Integrative Medicine Program



The holiday season is here! Whatever traditions you look forward to, engaging excessively in certain behaviors is a common phenomenon, particularly when it comes to holiday eating. When we get together with family and friends to celebrate, we often eat mindlessly. People also eat mindlessly to control negative emotions. We do not suggest that you need to deprive yourself during the holidays, however, this year, make more of an effort to eat *mindfully*.

Mindful eating is the act of becoming more deeply connected with the experience of eating by being in the present moment to fully savor and relish the food without guilt. This also allows you to enjoy the holiday experience. Mindful eating has been investigated in several National Institutes of Health funded studies and was found to help with weight loss and led to an overall decrease in compulsive overeating. Here are four tips to jumpstart mindful eating this holiday season:

1. Eat with a Mindful Appetite: Eating is the connection between food and hunger. We often eat simply because food is available. To avoid

over-indulging, think of your appetite as an expense account. Ask yourself how much of your appetite you plan to spend on the appetizers versus the entrée and whether or not you want to save room for dessert. Tune in to feelings of hunger and fullness.

- 2. Identify your Favorites:** Examine available food before making your selection and choose items you really want and stick to them. The holiday season is long, so foods you pass up at one occasion will be available at another.
- 3. Stick to Mindful Portions:** Start off with small portion sizes and make adjustments as needed based on your hunger level. Deal with “food pushers” by declining food politely and instead ask for the recipe or a small portion to take home for a later meal.
- 4. Be a Food Snob:** If the food you select is not up to your expectations, stop eating it and choose something else. Do not waste your appetite on store-bought goodies and so-so stuffing; “spend” it on food that is fabulous!

Social distractions during holiday gatherings make it harder to fully focus on what we eat and drink so be aware of them and take some precautions by:

- **Sitting Down:** Avoid grazing throughout the evening. Instead, designate eating time to a more quiet location where you can sit down and mindfully enjoy your food.
- **Chewing your food:** Slowly chew your food and set your fork down between bites.
- **Don't Drink your Calories:** Watch your beverage intake, both alcoholic and non-alcoholic drinks, as calories from those drinks can add up fairly quickly. Enjoy non-sugar-sweetened drinks and alternate with a sparkling water.

It is important to savor and enjoy your meal without guilt, but do not forget to get back on track at the next meal or at least the next day. No harm or weight gain will be caused by enjoying your favorite foods for one or two holiday meals, but not getting back on track will.

Have your MD Anderson provider submit an online consultation request for an Integrative Medicine Physician Consultation to discuss nutrition as part of an integrative approach to your cancer care.

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

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.

- **Breath & Movement**

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!



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



Singing Support Group

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



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

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. 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.

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 (with the exception of Singing Support Group)

December 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	2 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 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group*	3 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!* 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	4
7 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Ink Art - Poinsettias	8 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	9 10:30-11:30 Yoga for Health 12:00-1:00 Endometrial Cancer Support Group* 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer Support Group*	10 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	11 11:30-12:30 Yoga for Fitness
14 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	15 9:30-11:00 Tibetan Bon Meditation: Breath & Movement 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Dental Issues in Cancer Patients 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	16 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	17 12:00-1:00 Caregivers: I've Got Feelings, Too!* 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix 3:30-4:30 Qigong	18 11:30-12:30 Yoga for Fitness
21 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Shibori - The Art of Japanese Tie Dyeing*	22 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 5:30-7:00 Singing Support Group	23 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	24 Closed for Holiday	25 Closed for Holiday
28 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Calligraphy - Merry Christmas*	29 8:00-12:00 Brief Relaxation Massages 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 5:30-7:00 Singing Support Group	30 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	31 12:00-1:00 Caregivers: I've Got Feelings, Too!* 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Decrease stress with music	

All classes in blue 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 Services

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 \$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.

Mays Clinic Services

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.

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.

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

10th Annual Sister Alice Potts Endowed
Lecture Series

Spirituality and Wellbeing



Featured Speaker:

Mary Jo Kreitzer, PhD, RN, FAAN

Founder and Director,
Center for Spirituality & Healing
at the University of Minnesota

DATE:

Tuesday, December 1

TIME:

8 - 9 a.m.

LOCATION:

Onstead Auditorium, BSRB, S3.8012
(Near Elevator J)

Light refreshments will be served.

Sponsored by Spiritual Care and Education Department
Collaborators: Nursing and the Integrative Medicine Program

ELAINE TURNER

Wellbeing Simplified: A Roadmap to Lifelong Health!

Shop for a cause.

Ten percent of the proceeds benefit the
Friends of Integrative Medicine at The University of
Texas MD Anderson Cancer Center.

DATE:

Tuesday, December 8

TIME:

6 - 8 p.m.

LOCATION:

Elaine Turner Rice Village
(2439 University Blvd.)

RSVP TO:

info@heightsofhealth.com
or 713-861-6777

WHAT:

Guests will enjoy 10% off full-price
merchandise and enjoy complimentary
sips and light bites!