

# Integrative Medicine Center

January 2015

## A Trusted Resource for You

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**A cancer diagnosis** often triggers a quest to gather as much information possible about the disease, treatment options, and the best way to move forward. Unfortunately, your favorite search engine is not necessarily the best resource when it comes to health education. The Internet can certainly make life easier, but websites can be full of inaccurate or outdated information, or even be deliberately misleading for a company's financial gain. This can be especially true of information about alternative cancer treatments - treatments used in place of conventional treatments, for which there is no evidence of benefit, yet they are sold and marketed as cancer "cures."

There are many complementary therapies for which there exists some evidence for efficacy, that when used alongside or after conventional cancer treatment may help to promote wellness, manage symptoms associated with cancer and its treatment, and improve outcomes.

When properly combined with conventional cancer treatments, some complementary therapies can enhance wellness and quality of life, but others could potentially be harmful during or after treatment for cancer. Special attention must be given to natural products or other substances that are taken orally, intravenous, or some other route because of the risk for direct side effects and interactions with ongoing treatment.

Our goal at the Integrative Medicine Center is to provide evidence-based guidance to improve the lives of patients who are interested in the use of these therapies in collaboration with their other physicians.

The Integrative Medicine Program at MD Anderson offers reliable resources on integrative medicine therapies for healthcare professionals and patients to present the evidence about different complementary and alternative medicine treatments.

Best of all, these resources are provided for you at no cost by our Program, as well as the Research Medical Library. The clinicians in the Integrative Medicine Program have access to these resources as well, and often use them to check interactions, as well as the latest research about certain products.

### We have four trusted resources on integrative medicine therapies that you might find useful. These resources include:

- **American Botanical Council:** a trustworthy source that provides up-to-date information on herbs. All publications are peer-reviewed and include a vast selection of periodicals, books, monographs, safety reviews, continuing education materials and searchable online databases.
- **ConsumerLab:** provides independent testing, quality ratings and comparisons of hundreds of vitamins, supplements and other health products.
- **Natural Medicines Comprehensive Database:** a resource for reliable information on herbs, dietary supplements, alternative systems of medicine, vitamin and mineral ingredients of currently available natural medicines.
- **Natural Standard:** founded by healthcare professionals and researchers, provides high-quality, evidence-based information for natural products, dietary supplements and other integrative therapies.

#### To access these databases:

go to

[www.mdanderson.org/integrativemed](http://www.mdanderson.org/integrativemed)

and click on "reviews of therapies"

in the left hand side bar.

**Always discuss** any supplements, herbal therapies, or special diets with your healthcare providers to give them a complete picture of what you do to manage your health. Our medical staff will provide guidance on a comprehensive and integrative approach to your cancer care. An order from an MD Anderson physician or mid-level provider is required before scheduling a consultation at the Integrative Medicine Center.

**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.

## 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.



### The Celebration Singers

Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you!



### 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.

### 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

# January 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>• Following classes do not require pre-registration: Expressive Art and Support Groups.</li> <li>• 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.</li> <li>• Group programs are open to patients, survivors, caregivers and families regardless of where treatment is received.</li> <li>• A signed consent form is required to attend ALL Integrative Medicine group classes.</li> </ul>			<b>1</b>  <b>HOLIDAY</b>	<b>2</b>  <b>11:30-12:45</b> Yoga (Hatha)
<b>5</b>  <b>10:30-11:30</b> Get Moving  <b>1:00-2:00</b> Pilates  <b>2:00-4:00</b> Expressive Arts	<b>6</b>  <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath  <b>11:00-12:00</b> Little Yogis  <b>10:00-2:00</b> Brief Relaxation Massages  <b>3:30-4:30</b> Tai Chi	<b>7</b>  <b>10:30-11:30</b> Yoga for Health  <b>12:00-1:00</b> Laughter for Health  <b>2:00-3:00</b> Therapeutic Group Drumming  <b>5:00-7:00</b> Spine Support Group	<b>8</b>  <b>10:00-2:00</b> Brief Relaxation Massages  <b>11:00-12:00</b> Breast Cancer Support Group  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>3:30-4:30</b> Qigong	<b>9</b>  <b>11:30-12:45</b> Yoga (Hatha)
<b>12</b>  <b>10:30-11:30</b> Get Moving  <b>1:00-2:00</b> Pilates	<b>13</b>  <b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds  <b>11:00-12:00</b> Little Yogis  <b>11:00-12:00</b> Cognitive Behavior Therapy for Depression and Anxiety  <b>12:30-1:30</b> PIKNIC: TBA  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Celebration Singers	<b>14</b> <b>10:00-2:00</b> Brief Relaxation Massages  10:30-11:30 Yoga for Health <b>11:00-12:00</b> Making Music <b>12:00-1:00</b> Endometrial Cancer Support Group <b>12:00-1:00</b> Laughter for Health <b>2:00-3:00</b> Therapeutic Group Drumming <b>3:00-4:00</b> Nutrition Lecture <b>6:00-7:30</b> Ovarian Cancer Support Group	<b>15</b>  <b>10:00-2:00</b> Brief Relaxation Massages  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>2:00-3:00</b> Music for Health: Fight Fatigue! Create your Personal Power Mix	<b>16</b>  <b>11:30-12:45</b> Yoga (Hatha)
<b>19</b>  <b>HOLIDAY</b>	<b>20</b>  <b>9:30-11:00</b> Tibetan Bon Meditation: Movement & Breath  <b>10:00-2:00</b> Brief Relaxation Massages  <b>11:00-12:00</b> Little Yogis  <b>12:30-1:30</b> PIKNIC: TBA  <b>5:30-7:00</b> Celebration Singer	<b>21</b>  <b>10:30-11:30</b> Yoga for Health  <b>11:00-12:00</b> Making Music  <b>12:00-1:00</b> Laughter for Health  <b>2:00-3:00</b> Therapeutic Group Drumming	<b>22</b>  <b>10:00-2:00</b> Brief Relaxation Massages  <b>11:00-12:30</b> Active Surveillance Patient Support Group  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>2:00-3:00</b> Music for Health: Explore symptom control-music and progressive muscle relaxation	<b>23</b>  <b>11:30-12:45</b> Yoga (Hatha)
<b>26</b>  <b>10:30-11:30</b> Get Moving  <b>1:00-2:00</b> Pilates  <b>2:00-4:00</b> Expressive Arts	<b>27</b>  <b>9:30-10:30</b> Tibetan Bon Meditation: Power of Breath  <b>11:00-12:00</b> Little Yogis  <b>11:00-12:00</b> Support group Metastatic Breast Cancer  <b>12:30-1:30</b> PIKNIC: TBA  <b>3:30-4:30</b> Tai Chi  <b>5:30-7:00</b> Celebration Singer	<b>28</b>  <b>10:30-11:30</b> Yoga for Health <b>11:00-12:00</b> Making Music <b>11:30-12:30</b> Cooking for Optimal Health  <b>12:00-1:00</b> Laughter for Health  <b>2:00-3:00</b> Therapeutic Group Drumming	<b>29</b>  <b>10:00-2:00</b> Brief Relaxation Massages  <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too!  <b>2:00-3:00</b> Music for Health: Explore symptom control-music and progressive muscle relaxation  <b>3:30-4:30</b> Qigong	<b>30</b>  <b>11:30-12:45</b> Yoga (Hatha)

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.

## Friends of Integrative Medicine

exists to raise awareness within MD Anderson and the larger Houston community of the important role complementary and integrative medicine can play in cancer prevention and in helping those with cancer live better and longer.

## Why Support Us?

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Cancer is the #1 cause of death worldwide.

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One in 2 men and 1 in every 3 women will develop cancer over the course of their lifetime.

...

Over one third of cancer cases could be prevented and outcomes improved with an integrative approach including lifestyle changes such as diet, physical activity, maintaining a healthy weight, and stress management.

## Become a Member Today

Contact Kira Taniguchi at [KMTaniguchi@mdanderson.org](mailto:KMTaniguchi@mdanderson.org) for membership information.



**The Fountain of Joy, which stands in front of the Integrative Medicine Center, was donated by longtime Friend of Integrative Medicine member Joyce Arrington Smith.**