

Integrative Medicine Center

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Managing Stress to Improve Your Cancer Outcomes

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It is uncommon to have a cancer diagnosis without also experiencing stress. However, uncontrolled chronic stress may be detrimental for symptom control and clinical outcomes. We know that chronic stress can speed the aging process, has a negative impact on almost all physiological and biological processes, and can disrupt health supporting behaviors such as sleep quality. The good news is that there are many different techniques for reducing stress and fostering a state of relaxation in the midst of living with cancer. With proper stress management techniques, you can keep stress to a minimum and focus on more important aspects of your life.

The physical, mind-body, and social aspects of Integrative Medicine provide coping techniques that can help patients and caregivers through stressful situations. Anxiety and stress can distract from being in the present moment and focusing on what really matters. Research shows it is common for our mind to wander, thinking about something other than the present. Yet most of the time our mind wanders to unpleasant thoughts and situations, leading to stress and unhappiness. While it is not always possible to control stressful events or situations, it is possible to utilize techniques to learn how to control your reactions to these stressors. The Integrative Medicine Center offers services in both group and individual formats to help relieve stress.

The Integrative Medicine Center provides outpatient services to reduce stress, foster relaxation, and bring a sense of calm to the lives of patients and caregivers. A one-on-one consultation to learn **meditation** may help decrease anxiety and negative emotions, improve sleep, sharpen memory and cognitive function, increase spiritual awareness, and relax the body. Patients may also benefit in working with a music therapist to learn ways music may help them to relax.

Music therapy typically includes learning a variety of skills including song writing or using music to impact mood, improve sleep, and reduce pain and fatigue. A **health psychologist** is also available for individual talk therapy sessions and to learn other mind-body techniques to manage stress. A **senior physical therapist** is available to develop a specific exercise plan that might help relieve anxiety or depression. Finally, **oncology massage**, useful for reducing stress and other cancer-related symptoms, is available to both patients and caregivers.

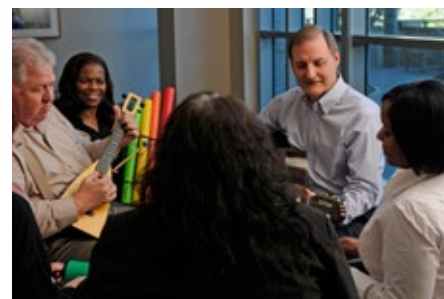
Outpatient group services are also available to both patients, caregivers and anyone touched by cancer at no charge. Classes that may help with stress are divided into three groups: Physical, mind-body, and social.



1) **Physical:** *Tai Chi* can help with balance and strength; *Get Moving* can help you feel recharged and energized; *Pilates* can help with strengthening and improve flexibility.



2) **Mind-body:** We offer three types of Tibetan Meditation classes – *Power of Breath*, *Sacred Sounds*, and *Movement and Breath*. We also have music therapy classes including *Therapeutic Group Drumming* and *Music for Health*. Both *Qigong* and *Yoga for Health* incorporate body movements, as well as breathing and meditation.



3) **Social:** The *Singing Support Group* provides a place for everyone to receive support through music. *Laughter for Health* helps to reduce stress by using simulated laughter exercises.

To make an appointment for these outpatient services, ask your MD Anderson physician to submit an online consultation request. To sign up for a group class, call 713-794-4700.

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.

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

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

July 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. • 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. 		1 10:30-11:30 Yoga for Health 11:00-12:00 Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) 11:00-12:00 Making Music 12:00-1:00 Laughter for Health 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group	2 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
6 8:45-11:45 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Shibori	7 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 11:00-12:00 Little Yogis 12:30-1:30 PIKNIC 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	8 10:00-11:00 Nutrition Lecture 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 1:00-4:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer 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 1:00-4:00 Brief Relaxation Massages
13 8:45-11:45 Brief Relaxation Massages	14 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 11:00-12:00 Little Yogis 12:30-1:30 PIKNIC 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
20 8:45-11:45 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Chinese Ink Art -Morning Glory	21 9:30-11:00 Tibetan Bon Meditation: Movement & Breath 11:15-12:15 Get Moving 11:00-12:00 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 11:00-12:00 Active Surveillance Patient Support Group 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	24 1:00-4:00 Brief Relaxation Massages
27 8:45-11:45 Brief Relaxation Massages 2:00-4:00 Expressive Arts: Handmade Books	28 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 11:00-12:00 Little Yogis 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 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: Decrease stress with music 3:30-4:30 Qigong	31

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 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 and patient Joyce Arrington Smith.