

Integrative Medicine Center

March 2015

Yoga for Body and Mind Health

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Yoga can strengthen your body and mind, but what role does it play in a cancer setting?

Research shows yoga can lessen the severity of symptoms, improve quality of life at a physical, psychological, and spiritual level, and improve biological parameters.

Yoga is a quintessential mind-body practice combining movement, controlled breathing and breathing exercises, and meditation. The focus on the breath in all aspects of yoga helps to reduce stress, leading to a healthy balance between mind and body.

Yoga can help reduce our 'flight-or-fight' response that is common in the face of stressful situations and instead activate a state of relaxation and calm that can help relieve feelings of anxiety and distress. This can lead to improvements in overall health, as chronic stress is harmful to all aspects of our lives, including biological functioning, and has been found to speed the aging process. Other health benefits of yoga include increased flexibility, increased balance, improved mood, and reductions in fatigue, sleep disturbances, and inflammation.

In October 2014, the Society of Integrative Oncology published guidelines to inform doctors and patients about the safety and effectiveness of complementary therapies specifically for women with breast cancer. Around 80 different therapies were analyzed. They rated yoga as having "A" level evidence, the top level, supporting its use for women with breast cancer. In fact, a study conducted by the Integrative Medicine Program at MD Anderson found yoga helped improve aspects of quality of life and lead to better regulation of cortisol (a stress hormone linked to poor survival among breast cancer patients) in women with breast cancer undergoing radiotherapy through six months later.



The Integrative Medicine Center's own research at MD Anderson also suggests that yoga can be beneficial in the following ways:

- Improved sleep outcomes
- Decreased side effects of treatment
- Improved physical functioning aspects of quality of life
- Increase in finding meaning from the illness experience as patients transition from active treatment to cancer survivorship

There are many different types of yoga and there is no evidence that one style is more beneficial than another. Taking into consideration safety and your level of physical conditioning, it is important to find an instructor, class and type of yoga that best matches your individual needs. The Integrative Medicine Center at MD Anderson offers several group yoga classes with varying levels of intensity (see page 2-3 for descriptions and class times).

It is important to consult with your primary care team before participating in exercise. To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request.

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.

Activity Level:

 = Gentle

 = Active

 = Very Active

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.



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.

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

March 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:30-11:30 Get Moving</p> <p>1:00-2:00 Pilates</p> <p>2:00-4:00 Expressive Arts</p>	<p>3</p> <p>9:30-10:30 Tibetan Bon Meditation: Power of the Breath</p> <p>10:00-2:00 Brief Relaxation Massages</p> <p>12:15-1:00 Little Yogis</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>4</p> <p>10:30-11:30 Yoga for Health</p> <p>11:00-12:00 Making Music</p> <p>12:00-1:00 Laughter for Health</p> <p>2:00-3:00 Therapeutic Group Drumming</p> <p>5:00-7:00 Spine Support Group</p>	<p>5</p> <p>10:00-2:00 Brief Relaxation Massages</p> <p>10:30-12:00 Look Good, Feel Better (Must pre-register at 713-792-6039)</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too!</p> <p>2:00-3:00 Music for Health: Change your mood using your favorite music</p> <p>3:30-4:30 Qigong</p>	<p>6</p> <p>11:30-12:45 Yoga (Hatha)</p>
<p>9</p> <p>10:30-11:30 Get Moving</p> <p>1:00-2:00 Pilates</p>	<p>10</p> <p>9:30-10:30 Tibetan Bon Meditation: Sacred Sounds</p> <p>11:00-12:00 Little Yogis</p> <p>11:00-12:00 Cognitive Behavior Therapy for Depression and Anxiety</p> <p>12:30-1:30 PIKNIC</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>11</p> <p>10:00-11:00 Nutrition Lecture</p> <p>10:30-11:30 Yoga for Health</p> <p>11:00-12:00 Making Music</p> <p>12:00-1:00 Endometrial Cancer Support Group</p> <p>12:00-1:00 Laughter for Health</p> <p>2:00-3:00 Therapeutic Group Drumming</p>	<p>12</p> <p>10:00-2:00 Brief Relaxation Massages</p> <p>11:00-12:00 Breast Cancer Support Group</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too!</p> <p>2:00-3:00 Music for Health: Decrease stress with music</p> <p>3:30-4:30 Qigong</p>	<p>13</p> <p>11:30-12:45 Yoga (Hatha)</p>
<p>16</p> <p>10:30-11:30 Get Moving</p> <p>1:00-2:00 Pilates</p> <p>2:00-4:00 Expressive Arts</p>	<p>17</p> <p>9:30-11:00 Tibetan Bon Meditation: Movement & Breath</p> <p>12:15-1:00 Little Yogis</p> <p>12:30-1:30 PIKNIC</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>18</p> <p>10:30-11:30 Yoga for Health</p> <p>11:00-12:00 Making Music</p> <p>11:30-12:30 Cooking for Optimal Health</p> <p>12:00-1:00 Laughter for Health</p> <p>2:00-3:00 Therapeutic Group Drumming</p>	<p>19</p> <p>10:00-2:00 Brief Relaxation Massages</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too!</p> <p>2:00-3:00 Music for Health: Fight Fatigue! Create your Personal Power Mix</p> <p>3:30-4:30 Qigong</p>	<p>20</p> <p>11:30-12:45 Yoga (Hatha)</p>
<p>23</p> <p>10:30-11:30 Get Moving</p> <p>1:00-2:00 Pilates</p> <p>2:00-4:00 Expressive Arts</p>	<p>24</p> <p>9:30-10:30 Tibetan Bon Meditation: Power of the Breath</p> <p>11:00-12:00 Support group Metastatic Breast Cancer</p> <p>12:15-1:00 Little Yogis</p> <p>12:30-1:30 PIKNIC</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<p>25</p> <p>10:30-11:30 Yoga for Health</p> <p>11:00-12:00 Making Music</p> <p>12:00-1:00 Laughter for Health</p> <p>2:00-3:00 Therapeutic Group Drumming</p>	<p>26</p> <p>10:00-2:00 Brief Relaxation Massages</p> <p>11:00-12:30 Active Surveillance Patient Support Group</p> <p>12:00-1:00 Caregivers: I've Got Feelings, Too!</p> <p>2:00-3:00 Music for Health: Explore symptom control- music and progressive muscle relaxation</p> <p>3:30-4:30 Qigong</p>	<p>27</p> <p>11:30-12:45 Yoga (Hatha)</p>
<p>30</p> <p>10:30-11:30 Get Moving</p> <p>1:00-2:00 Pilates</p>	<p>31</p> <p>9:30-10:30 Tibetan Bon Meditation: Sacred Sounds</p> <p>10:00-2:00 Brief Relaxation Massages</p> <p>12:15-1:00 Little Yogis</p> <p>3:30-4:30 Tai Chi</p> <p>5:30-7:00 Singing Support Group</p>	<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. 		

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
proudly presents

The Effectiveness of Integrative Therapies on Pain and Anxiety

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Monday, March 16, 2015

Registration: 6 – 6:30 p.m.

Talk: 6:30 – 7:30 p.m.



Speaker: Jeffery Dusek, PhD

Director of Research

Penny George Institute for Health and Healing
Abbott Northwestern Hospital, Minneapolis, MN

Join Jeffery Dusek, PhD, as he explores some of the latest research on how integrative therapies can be used to relieve pain and anxiety.

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 

\$5 FIM members • \$10 Nonmembers

Questions: KMTaniguchi@mdanderson.org