

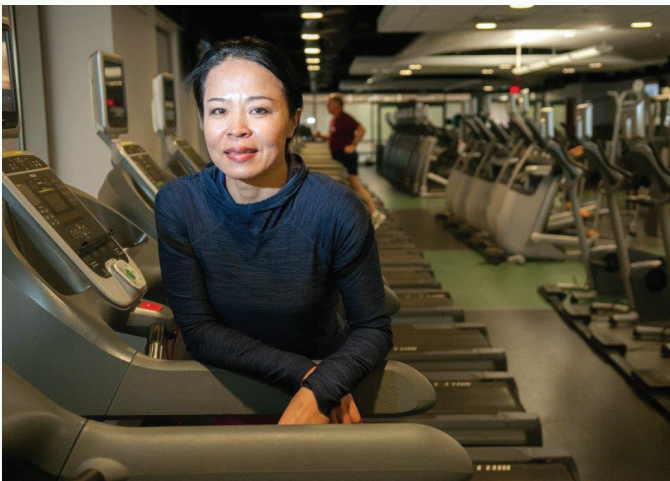
See pages 2-3
for information
on FREE group classes
for patients, caregivers,
and anyone touched
by cancer.

Inside Integrative Medicine

March 2016

Integrative Medicine Center Welcomes New Integrative Medicine Physician

By: Kira Taniguchi, MA and Gabriel Lopez, MD, Integrative Medicine Center



The Integrative Medicine Center continues to grow and expand. We would like to welcome Wenli Liu, M.D., to the team. Dr. Liu is an associate professor in the Department of Palliative, Rehabilitation and Integrative Medicine, in the section of Integrative Medicine. Her primary clinical focus is conducting integrative oncology consultations at the Integrative Medicine Center.

Dr. Liu has been a faculty member at MD Anderson for over 15 years, with her previous appointment in the Department of General Internal Medicine. Her administrative appointments have ranged from the department physician schedule reviewer, to the medical director for the Nutritional Support Team.

Dr. Liu's clinical interest is to promote nutritional and physical fitness in cancer patients, especially during cancer treatment. She believes the content of the diet plays a key role when it comes to avoiding

weight loss during treatment. Liu practices what she preaches, as fitness is an important part of her busy life as well.

"I see cancer care as a large toolbox. Integrative Medicine's patient-centered, multi-dimensional services complement and complete the toolbox," Liu said.

Lorenzo Cohen, Ph.D. Director of the Integrative Medicine Program believes her interest in lifestyle will be an asset to the Integrative Medicine Center. "We are thrilled to have Dr. Liu join our team. Her expertise in lifestyle medicine, with a special interest in nutrition and weight management, will provide a valuable service to our patients at MD Anderson. Dr. Liu will help patients implement and be successful in adopting a comprehensive approach to their cancer care," Cohen said.

The mission of our Integrative Medicine Center is to enhance the care of patients affected by cancer and their caregivers by providing and advancing comprehensive, integrative treatment approaches through compassionate, evidence-based clinical care and research.

"Our vision is to become a valued team member of MD Anderson by providing patients access to Integrative Oncology care through evidence-based clinical services and opportunities to participate in innovative clinical trials," said Integrative Medicine Center Medical Director Dr. Gabriel Lopez. "We look forward to having Dr. Liu contribute to our mission and vision as a member of our interdisciplinary team."

Dr. Liu will begin to see patients in the near future. If you would like to schedule an appointment for an integrative oncology consultation, please ask your MD Anderson physician to submit an online consultation request. 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.

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

March 2016

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	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 1:00-3:00 Brief Relaxation Massages 5:00-7:00 Spine Support Group*	3 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	4 11:30-12:30 Yoga for Fitness
7 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Ink Art – Orchid & A Ladybug	8 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	9 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	10 11:00-12:00 Breast Cancer Support Group 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 and Movement 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	16 8:00-5:00 p.m. Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	17 12:30-1:30 Shape-Up Circuit 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: Calligraphy – Health & Fate	22 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	23 8:00-5:00 p.m. Brief Relaxation Massages 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health	24 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	25 11:30-12:30 Yoga for Fitness
28 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts: Chinese Ink Art – Happy Goldfish	29 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 3:30-4:30 Tai Chi	30 8:00-5:00 p.m. Brief Relaxation Massages 10:30-11:30 Yoga for Health	31 12:30-1:30 Active Surveillance Patient Support Group 12:30-1:30 Shape-Up Circuit 3:30-4:30 Qigong	

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

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.

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.

"The Art of Nutrition"



March 24, 2016

6:30 - 8 p.m.

The Museum of Fine Arts, Houston
Free and open to the public
Questions: KMTaniguchi@mdanderson.org