

# Inside Integrative Medicine

July 2022

**Integrative  
Medicine  
Virtual  
Group Classes  
Now Available**

## Providing Integrative Oncology via Telehealth: Improving Treatment Outcomes and Achieving Optimal Health

By Lorenzo Cohen, PhD and Gabriel Lopez, MD

### What is Integrative Oncology?

Integrative oncology is an approach to cancer care delivery that balances complementary health approaches and lifestyle medicine with conventional medicine in a deliberate manner that is personalized, evidence-informed, and safe.

Complementary health approaches refer to natural products (e.g., dietary supplements, herbals), mind and body practices (e.g., meditation, yoga, massage, acupuncture) and other systems of care such as traditional Chinese medicine, Ayurvedic medicine, or naturopathy. Integrative oncology combines conventional medicine, complementary therapies, and lifestyle approaches (optimizing nutrition, physical activity, and sleep) in a manner that is comprehensive, personalized, evidence-informed, and safe in order to achieve optimal health and healing. Integrative oncology consultations are available in the inpatient and outpatient setting through Telehealth (video/telephone office visit).

### Providing You Support Wherever You Are

The global COVID-19 pandemic continues to cause tremendous stress and uncertainty in our world. People with cancer are especially vulnerable during times of excess stress. Social isolation and being disconnected from loved ones and the care team can make it difficult to maintain a healthy lifestyle to help remain cancer free and improve quality of life. The Integrative Medicine Center is here to help enhance the care of people affected by cancer and their caregivers by providing and advancing comprehensive integrative treatment approaches through compassionate, evidence-informed clinical care, and research.

We work collaboratively with oncology care teams with the goal of improving treatment outcomes and achieving optimal health and healing via telehealth and in-person clinical treatments.

The integrative oncology consultation serves as the foundation for developing an integrative care plan that includes complementary health approaches and lifestyle changes. During the initial telehealth visit with the physician, each person is evaluated comprehensively, and referrals are made to our other services according to the individual's physical, mind-body, or social needs. Services currently being offered via telehealth include nutrition counseling, yoga/meditation, music therapy, physical activity counseling, and health psychology. In-person visits include acupuncture and oncology massage treatments. Our interdisciplinary team works together closely to optimize and adapt the integrative care plan to the changing landscape of an individual's cancer journey.



**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.**

### Integrative Oncology Consultation

Our physicians can give guidance on achieving a comprehensive and integrative approach to your cancer care via MyChart/Epic Zoom.

### Exercise/Physical Activity Consultation

A senior physical therapist provides recommendations on achieving safe and optimal exercise during each consultation via MyChart/Epic Zoom.

### Oncology Acupuncture Treatment

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. Treatments range from \$65 to \$75.

### Oncology Massage Treatment

Oncology massage may help patients address anxiety, relieve pain, decrease fatigue and improve sleep quality. Treatments are \$55.

### 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 via MyChart/Epic Zoom.

### 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 food, plant-based diet for optimal health via MyChart/Epic Zoom.

### Yoga/Meditation Consultation

Yoga/meditation lowers stress, depression, and anxiety, improves sleep, memory, physical functioning, and overall quality of life, as well as increasing spiritual well-being. A yoga/meditation therapist would provide interventions via MyChart/Epic Zoom. Cost: \$50 per session.

### Music Therapy

Individual music therapy is provided by a board-certified music therapist (MT-BC) and involves engaging in music interactively in a variety of ways, with outcomes including anxiety reduction, fostered well-being and exploring ways of reconnecting to music for daily quality of life. Cost:\$50 per session.

View audio and video resources online:  
[www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter)

## How to Register for our virtual classes:

1. Call Integrative Medicine Center at 713-794-4700
2. All classes are free
3. Complete e-update \*liability waiver and telemedicine consent in MyChart at least 48 hours prior to scheduled class

## July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Yoga for Health</b> 1:30 - 2:30	<b>Cooking for Optimal Health</b> Noon – 1:00 (2nd Tues)	<b>Yoga for Health</b> 10:30–11:30	<b>Connect &amp; Reflect with Music</b> 1:30–2:30	<b>Yoga for Health</b> 10:30-11:30
<b>Healing Through Writing</b> 2:00-3:00 (2nd & 4th Mon)	<b>Connect &amp; Reflect with Music</b> 1:30-2:30			

## Class Descriptions:

**Yoga for Health-** Features a gentle form of yoga including stretching, breathing, relaxation, and meditation techniques.

**Connect & Reflect with Music-** An interactive and supportive music group, led by a Board-Certified Music Therapist, using music engagement and conversation to enhance well-being and encourage connectedness. No music experience is required.

**Healing Through Writing-** Using expressive writing as a tool to identify and process difficult emotions in a supportive environment.

**Cooking for Optimal Health-** Learn new recipes and different tips for preparing whole food plant-based meals. Participate in the comfort of your own kitchen or observe and ask questions.

## Watermelon and Tomato Salad

Servings: 12 people

### Ingredients:

#### Salad:

- ¼ Seedless watermelon
- 3 Roma tomatoes
- 1 head Boston bib or Romaine lettuce
- ½ red onion slices thinly
- 2 ounces reduced fat feta cheese
- ¼ avocado sliced (optional)

#### Vinaigrette:

- 2 tbsp White Wine vinegar, lemon juice or lime juice
- 1-2 tbsp avocado or olive oil
- 2 tsp honey
- Salt to taste
- Pepper to taste

### Instructions:

#### Salad:

1. Peel watermelon and cut into bite size pieces.
2. Chop tomatoes.
3. Peel and slice avocado. Discard pit.
4. Separate lettuce leaves with hands, wash and dry thoroughly.
5. Thinly slice red onion.
6. Place items in a bowl starting with lettuce followed by remaining ingredients.

#### Vinaigrette:

1. Add lemon juice or vinegar into a bowl.
2. Whisk in olive oil slowly one tablespoon at a time.
3. Whisk in honey.
4. Add salt and pepper.

