

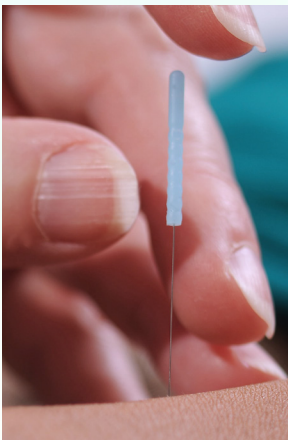
## Integrative Medicine Center

December 2014

## Getting to the Point with Acupuncture:

## New Acupuncture Studies Launched to Treat Pain Syndrome

By: Kay Garcia, DrPH, MSN, LAc, Michael Spano, MS, LAc, Lorenzo Cohen, PhD, Director, Richard T. Lee, MD, Medical Director — Integrative Medicine Center



People in many parts of East Asia have used acupuncture for thousands of years. Interest in acupuncture in the West has increased substantially over the past 40 years and is now offered within many hospitals, including MD Anderson. Acupuncture involves the placement of thin needles into specific points throughout the body. These needles are often left in place for 15-20 minutes and may involve a small electrical current between two points, a technique called electroacupuncture.

While acupuncture is not used to treat cancer directly it can help manage cancer- and cancer treatment-related symptoms. One symptom currently being studied is whether acupuncture can treat chemotherapy induced peripheral neuropathy (CIPN).

CIPN can be a debilitating syndrome that affects mainly the hands and feet. Symptoms include numbness, hypersensitivity, abnormal sense of touch, and less commonly, motor weakness. Because many chemotherapies cause CIPN, it is one of the most prevalent neurological side effects of cancer treatment. CIPN symptoms usually improve within the first 3-6 months after chemotherapy is stopped. However, some patients develop chronic CIPN. Common medications used to treat CIPN include gabapentin, pregabalin, and duloxetine, but these treatments may not be adequate to control symptoms, and they can have significant side effects.

Because of the limited treatment options, researchers have explored acupuncture to treat CIPN. Two small pilot trials<sup>1,2</sup> in multiple myeloma patients experiencing bortezomib-induced CIPN found acupuncture

reduced pain, numbness, and tingling, but there were minimal changes in nerve conduction. One study<sup>1</sup> used manual stimulation and the other<sup>2</sup> applied electro-stimulation to the needles. Neither study had comparison control groups (usual care or placebo) making it difficult to conclude the specific effects of acupuncture. Rostock and colleagues<sup>2</sup> compared the effects of electro-acupuncture, hydroelectric baths, vitamin B1/B6 capsules, and placebo capsules to treat CIPN in a mixed group of cancer survivors. All groups reported improvements in CIPN symptoms with no group differences, suggesting acupuncture was no better than a placebo pill. Larger randomized trials with long-term follow-up that have an adequate number of participants are needed.

One of the possible mechanisms researchers have found for how acupuncture may help treat pain conditions is that acupuncture changes endorphin and enkephalin release and alters the diffuse noxious inhibitory control center to modulate pain fiber conduction, thereby decreasing pain sensation.

The Integrative Medicine Program is launching two clinical trials to explore the use of acupuncture to treat CIPN caused by taxane- or platinum-based therapies. These studies will determine the optimal acupuncture treatment strategy by examining frequency of treatment, electroacupuncture versus manual stimulation, and the total number of acupuncture treatments needed to maximize improvements in symptoms.

It is important to discuss with your healthcare team whether receiving acupuncture or enrolling in our acupuncture clinical trials would be beneficial and appropriate for you. An MD Anderson physician's order for acupuncture is required to receive treatment. For additional information about Integrative Medicine at MD Anderson, please visit [www.mdanderson.org/integrativemed](http://www.mdanderson.org/integrativemed).

<sup>1</sup>Garcia MK, Cohen L, Guo Y, Zhou Y, You B, Chiang J, Orłowski RZ, Weber D, Shah J, Alexanian R, Thomas S, Romaguera J, Zhang L, Badillo M, Chen Y, Wei Q, Lee R, Delasalle K, Green V, Wang M. Electroacupuncture for thalidomide/bortezomib-induced peripheral neuropathy in multiple myeloma: a feasibility study. *J Hematol Oncol*. 2014;7:41

<sup>2</sup>Rostock M, Jaroslawski K, Guethlin C, Ludtke R, Schroder S, Bartsch HH. Chemotherapy-induced peripheral neuropathy in cancer patients: a four-arm randomized trial on the effectiveness of electroacupuncture. *Evid Based Complement Alternat Med*. 2013;2013:349653

# 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 Classes

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.

- **@TheTable**

Learn to prepare recipes from MD Anderson's "@TheTable" online cookbook, emphasizing quality recipes that can be enjoyed by the entire family.



### 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.

## Social



### 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.

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

## 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

# December 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <b>10:30-11:30</b> Get Moving <b>1:00-2:00</b> Pilates <b>2:00-4:00</b> Expressive Arts: Holly	<b>2</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath <b>11:00-12:00</b> Little Yogis <b>11:30-12:30</b> @TheTable <b>12:30-1:30</b> PIKNIC: Breaking bad: Bone metastasis & fracture prevention <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Celebration Singers	<b>3</b> <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>5:00-7:00</b> Spine Support Group	<b>4</b> <b>10:00-2:00</b> Brief Relaxation Massages <b>10:30-12:00</b> Look Good, Feel Better (Must pre-register at 713-792-6039) <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! <b>2:00-3:00</b> Music for Health: Change your Mood Using Your Favorite Music <b>3:30-4:30</b> Qigong	<b>5</b> <b>11:30-12:45</b> Yoga (Hatha)
<b>8</b> <b>10:30-11:30</b> Get Moving <b>1:00-2:00</b> Pilates	<b>9</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>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Celebration Singers	<b>10</b> <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>11</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>2:00-3:00</b> Music for Health: Decrease Stress with Music <b>3:30-4:30</b> Qigong	<b>12</b> <b>11:30-12:45</b> Yoga (Hatha)
<b>15</b> <b>10:30-11:30</b> Get Moving <b>1:00-2:00</b> Pilates <b>2:00-4:00</b> Expressive Arts: Shibori	<b>16</b> <b>9:30-11:00</b> Tibetan Bon Meditation: Movement & Breath <b>11:00-12:00</b> Little Yogis <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi <b>5:30-7:00</b> Celebration Singers	<b>17</b> <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>18</b> <b>10:00-2:00</b> Brief Relaxation Massages <b>11:00-12:00</b> Support group Metastatic Breast Cancer <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>3:30-4:30</b> Qigong	<b>19</b> <b>11:30-12:45</b> Yoga (Hatha)
<b>22</b> <b>10:30-11:30</b> Get Moving <b>1:00-2:00</b> Pilates <b>2:00-4:00</b> Expressive Arts: Handmade Books & Stationery	<b>23</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Power of Breath <b>10:00-2:00</b> Brief Relaxation Massages <b>11:00-12:00</b> Little Yogis <b>3:30-4:30</b> Tai Chi	<b>24</b> <b>HOLIDAY</b>	<b>25</b> <b>HOLIDAY</b>	<b>26</b> <b>HOLIDAY</b>
<b>29</b> <b>10:30-11:30</b> Get Moving <b>1:00-2:00</b> Pilates	<b>30</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds <b>10:00-2:00</b> Brief Relaxation Massages <b>11:00-12:00</b> Little Yogis <b>2:00-3:00</b> Yoga for Health <b>3:30-4:30</b> Tai Chi	<b>31</b> <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	<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> </ul>	

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.

...

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.**