

Integrative Medicine Center

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.

Federal Government Embraces an Anti-Cancer Diet

More than two thirds of adults and one third of children are obese or overweight in the United States. Mounting evidence links excess body weight with an increased risk for many types of cancer. In fact, the American Institute for Cancer Research suggests that over a third of the most common cancers could be prevented if Americans maintained a healthy diet, increased their level of physical activity, and stayed lean. Now the federal government has released new dietary guidelines that echo the recommendations of many cancer experts that may help to reduce this risk.

The U.S Department of Agriculture (USDA) and the U.S. Department of Health and Human Services (DHHS) outline the guidelines in their latest edition of the Dietary Guidelines for Americans 2010. The guidelines are published every five years and are designed to help promote health, prevent chronic diseases, and reduce the risk of becoming overweight or obese. The new recommendations are seen as a major step by federal regulators to recognize the obesity crisis and provide more information on maintaining appropriate calorie balance, the importance of consuming nutrient-dense foods, and increasing physical activity.

Key recommendations include:

- Prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors. For people who are overweight or obese, this will mean consuming fewer calories from foods and beverages (estimated caloric intake: Female, moderate activity, 51 and older – 1800; Male, moderate activity, 51 and older – 2300).
- Increase vegetable and fruit intake, especially dark-green and red and orange vegetables and beans and peas.
- Consume at least half of all grains as whole grains. Increase whole-grain intake by replacing refined grains with whole grains.

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Angie's Spa Donation Expands Brief Relaxation Massage Program

MD Anderson and the Integrative Medicine Center are the proud recipients of an *Angie's Spa* grant funding brief relaxation massages for patients and caregivers. The generous donation will expand the program by increasing hours at the Mays Clinic location and providing massage at the Ambulatory Treatment Center (ATC).

Angie's Spa is a charitable organization that provides grants to fund free therapeutic massage services to men and women undergoing chemotherapy. It is a volunteer organization that is funded entirely through private donations.

If you would like to sign up for a brief relaxation massage, please reference our calendar for opportunities. Brief massages are offered on Mondays 10am-3pm by appointment only. Appointments are limited and only scheduled on the day of the offering. Call 713-794-4700 for additional details.



Federal Government Embraces an Anti-Cancer Diet ... *continued from page 1*

- Increase the amount and variety of seafood consumed by choosing seafood in place of some meat and poultry.
- Choose a variety of protein foods, which include seafood, lean meat and poultry, eggs, beans and peas, soy products, and unsalted nuts and seeds.
- Use oils to replace solid fats where possible.
- Choose foods that provide more potassium, dietary fiber, calcium, and vitamin D, which are nutrients of concern in American diets. These foods include vegetables, fruits, whole grains, and milk and milk products.
- Reduce daily sodium intake to less than 2,300 milligrams (mg) (1 teaspoon) and further reduce intake to 1,500 mg (1/3 teaspoon) among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes, or chronic kidney disease.
- Reduce the intake of calories from solid fats and sugars.
- Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars, and sodium.
 - Keep trans fatty acid consumption as low as possible by limiting foods that contain synthetic sources of trans fats, such as partially hydrogenated oils, and limiting solid fats.
 - If alcohol is consumed, it should be consumed in moderation—up to one drink per day for women and two drinks per day for men.

To follow these guidelines, it will mean paying close attention to what and how much we eat. This is challenging when eating in restaurants, which often serve single portions that could easily serve two people under the current guidelines, or eating processed foods. Whenever possible, cook fresh food at home with family and friends in order to achieve a healthy, balanced anti-cancer diet.

Please visit www.cnpp.usda.gov/Dietaryguidelines.htm for more detailed breakdown of these new guidelines. You can also reference our calendar to sign up for the Integrative Medicine Center class, Nutrition for Individuals Touched by Cancer, by calling 713-794-4700.

Celebrating Caregiver Week

It is no easy task to help someone battling cancer. A cancer diagnosis changes your life without warning and takes an emotional and physical toll on both the patient and the caregiver.

Anderson Network, a program of the Department of Volunteer Services, is hosting Caregiver Week April 18-23 and has special programs designed for caregivers. See our calendar for details.

For more information call Anderson Network at 713-792-2553 or 1-800-345-6324.

New Administrative Assistant

Mari Preister recently joined the Integrative Medicine Center as an Administrative Assistant. She has more than 20 years of experience in the healthcare field working first on the clinical side as a nursing and medical assistant and also serving an active role on the administrative support side. Mari comes to us from Methodist Hospital where she enjoyed working with residents and fellows.



Her responsibilities also included handling travel arrangements, faculty schedules as well as statistical reports and data management.

Mari is excited to be a part of the MD Anderson team and shares, “I have watched close family members battle with cancer and feel like I am making a difference in someone’s life by serving in the Integrative Medicine Center--it puts an extra spring in my step in the morning when preparing to come to work.” Mari looks forward to meeting and assisting patients, caregivers and their families at the Integrative Medicine Center.



Integrative Medicine Program

Patient Care – The Integrative Medicine Center provides all patient services in two locations and inpatient services are also available. Our complementary therapies are used together with standard of care to manage symptoms like pain or nausea, relieve stress and enhance quality of life.

The Integrative Medicine Center Medical Director, Richard T. Lee, MD, provides a consultation service to provide advice for patients who wish to pursue an integrative approach to cancer care. He also meets regularly with a team of professionals who have experience in conventional approaches as well as integrative treatments. If you would like to schedule an appointment with Dr. Lee, you must first ask your MD Anderson physician to submit an online consultation request.

The Integrative Medicine Center is open to current and former cancer patients, their family members and caregivers, regardless of where their treatment is or has been given. This clinical care center provides services to enhance cancer care and quality of life by creating comprehensive and integrative approaches that

focus on the mind, body, and spirit. Free group programs like aromatherapy, nutrition lectures, cooking demonstrations, guided imagery, meditation, yoga, tai chi, music therapy and more are offered at our Mays Clinic location. We also offer massage and acupuncture for a nominal fee.

Education – We provide authoritative, accurate and current information to health care professionals and patients. We bring world-renowned speakers to our institution and partner with Houston-area medical schools. Observers, interns and visitors are processed from around the world to participate in an educational CIM experience.

Research – Our evidence-based research focuses on intervention programs that reduce the negative effects of the cancer diagnosis and treatment. It strives to improve treatment outcomes and your quality of life.

Social

The Celebration Singers – Are you a cancer survivor or caregiver who enjoys singing? If you are, this special choir is for you! The group's purpose is to make beautiful music, have fun, and provide inspiration to the newly diagnosed and the long-term survivor. **Please contact Michael Richardson at 713-563-0858 for rehearsal information.**

Expressive Arts – These fun classes help you explore issues in a creative way and make it easier to convey feelings or experiences that may be difficult to express in words. Classes include: Paint Your Own Pottery, Beading Class, Shibori, Chinese Ink Art, Digital Photography Watercolor Transfer and much more!
1st Monday, 10 AM- Noon with Yvonne Cosgrove
1st & 3rd Wednesdays, 2-4 PM generously underwritten by COLLAGE: The Art for Cancer Network

Laughter Yoga – Laughter Yoga is a blend of yogic deep breathing, stretching, simulated laughter exercises and cultivated child-like playfulness. Participants report reduction in stress, blood pressure, depression and more.
1st & 3rd Wednesdays, Noon - 12:45 PM with Stephen Findley

Look Good, Feel Better – This program is presented by trained, licensed cosmetologists that help patients adjust to temporary or permanent changes in their appearance. If it's your first time attending the class, you will receive a complimentary makeup kit, head cover, and wig! *You MUST pre-register at (713) 792-6039.*

Support Groups – Professionally-led support groups provide education, group discussion, guest speaker presentations, and supportive sharing for patients, family and friends.

- Breast Cancer Support Group
- Caregivers: "I've Got Feelings, Too!"
- Education and Support for Depression & Anxiety
- Endometrial Cancer Support Group
- Ovarian Cancer Support Group
- Prostate Support Group
- Spine Tumor Support Group
- Urology Discussion Group

For a complete list of support groups that meet in other locations around the institution, please call the Social Work department at (713) 792-6195



Mind - Spirit

Knowledge

Finding Reliable Health Information – Our Health Education Specialist shares resources to help you research supplements or therapies that may help manage your side effects. Learn how to navigate websites, evaluate natural products for quality and safety, and most importantly how to discuss Complementary and Integrative Medicine (CIM) with your doctor.

2nd Monday, 11:30-12:30 PM with Jerah Thomas

P.I.K.N.I.C. – An educational forum for patients, caregivers, family members, volunteers, faculty and staff who want to learn more about issues relevant to cancer. Sessions are led by experts from MD Anderson or the Houston community on a variety of topics.

Spirituality

Intro to Centering Prayer – Come share the origins and historical background of this ancient prayer practice. Open to people of all faiths, beliefs, or denomination.

1st & 3rd Tuesday, 4-5:30 PM at Mays with Kim Kehoe

Stress Management

Aromatherapy & Self-Massage – Learn about essential oils and their therapeutic uses. Take home a comprehensive guide to creating your own aroma blend at home. Samples available during class. Individual consults, (in person, by phone, or via email) are available after 5pm. Please call 713-794-4700 for more information.

2nd Tuesday, 5-6 PM with Cherie Perez

Exploring Music for Relaxation – In a workshop-like atmosphere, learn relaxation techniques using live and recorded music.

Wednesdays, 11 AM-Noon with Michael Richardson

Kundalini Meditation Techniques for Specific Symptoms – Learn to use various combinations of breath work, sound, and meditative focus to alleviate specific symptoms.

Fridays, 1-2 PM with Sat-Siri Sumler

Meditation for Stress Reduction – Bringing kind, gentle attention to our present moment experiences is the essence of mindfulness. Learn stress relieving techniques to help you live life more fully and peacefully and handle its challenges with effectiveness and compassion.

2nd and 4th Tuesday, 2-4 PM with Micki Fine

Tibetan Bon Meditation – Access a deeper awareness through connecting the mind, body, and heart, and find your “home.” Learn to connect the mind and the breath in a good balance of relaxation, to bring you peace and a release of tension.

Tuesdays, 10-11 AM with Alejandro Chaoul



Physical

Brief Relaxation Massages – Take some time for yourself to experience a brief upper body massage for relaxation. Limited appointments available. *Appointments are limited and only scheduled on the day of the offering. Call 713-794-4700 for additional details.

Mondays 10 AM-3 PM by appointment*

Safe Massage Techniques for the Cancer Patient – Join Sat-Siri Sumler as she teaches participants the hands-on practice of gentle touch massage techniques. Learn how and when to use massage and the benefits of massage for patients with cancer.

4th Thursday, 10:30-11:30 AM at Mays with Sat-Siri Sumler

Nutrition

Everything You Wanted to Know About Tea – Tea is a contemplative beverage that lends itself to reflection and relaxation. Join one of four Certified Tea Masters in the nation to sample and learn about tea including where it comes from, how it is processed, and the benefits of each type.

2nd & 4th Monday, 10-11 AM with Thia McKann

Guest Chef – Local chefs demonstrate their cooking skills and provide tasty samples for the audience. The focus is on nutritional foods that cancer patients may prepare and eat. Clinical Dieticians also discuss the nutritional component of the recipe.

Nutrition Lecture – Whether you need help dealing with side effects or simply want to maintain your health, we'll talk about cancer, its treatments and optimal eating during this very important time. Learn about the special nutritional needs for cancer patients, information on organic foods, and more.

2nd Wednesday, 1:30-2:30 PM

Movement

Awareness Through Movement (Feldenkrais) – Through movement, learn how you can improve your capacity to function in your daily life. This program is generously underwritten by Houston Endowment Foundation through the C. G. Jung Education Center.

1st & 3rd Thursdays, 10:30-11:30 AM with MaryBeth Smith

Nia: Body Energizer – Explore this gentle, yet lively, restorative movement class. The class incorporates techniques from yoga, tai chi, and Nia dance (play). The movements are easy to follow and inspired by a relaxing musical beat.

Mondays, 11:30-12:30 PM with Carla Warneke

Pilates – Come learn and practice a series of exercises in deep muscle strengthening that improve skeletal alignment and overall flexibility. Comfortable, flexible clothing is required. This class is mat based (floor activity is involved.)

Mondays, 1-2 PM with Sarah Mifsud

Yoga (Hatha) – Stretch your mind as well as your body by learning the postures, breathing exercises, and meditation which comprise yoga. Classes can be done on a mat or chair.

Fridays, Noon - 1 PM with Cathal Keane

Yoga (Kundalini) – Explore this spiritual and meditative practice that strengthens the well-being of the physical body. Kundalini yoga increases flexibility, brings emotional balance, mental clarity, stress relief and personal transformation.

Wednesdays, 10-11 AM with Sat-Siri Sumler

Yoga/Nia: Body Energizer – Warm up with a playful musical beat in this gentle, yet lively, half hour of guided movement that is adaptable and safe for any fitness level. Then stretch out, focus and become centered using yoga postures and breathing techniques. You should leave this class feeling energized and relaxed.

Wednesdays, 3-4 PM with Carla Warneke



In addition to consultations with Dr. Lee to discuss how to integrate complementary therapies safely and effectively into your treatment plan, we also offer the following services by individual appointments:

Acupuncture

Acupuncture, practiced around the world for thousands of years, is a safe and often effective medical treatment that can be used to manage side effects from cancer.

Over the last few decades, research has been conducted seeking to explain how acupuncture works and what it can and cannot treat. Researchers believe that stimulating specific acupuncture points causes the body to release chemicals that naturally stimulate the body's regulating systems improving the biochemical imbalance to promote well-being.

Conditions for which acupuncture is commonly used include:

- Nausea & Vomiting
- Pain
- Neuropathy
- Hot Flashes
- Fatigue
- Dry Mouth
- Bowel & Digestion Issues

Services are by appointment and limited to MD Anderson patients. Please call (713) 794-4700 for cost, additional details or to schedule an appointment.

Oncology Massage

The care of patients with cancer not only involves dealing with its symptoms but also the emotional impact as well. Massage therapy is often used to address patients need for human contact, and findings support the positive value of massage in cancer care.

A number of reviews of scientific literature have attributed numerous positive effects to massage. These include improving the quality of patients' relaxation, sleep, and immune system responses and in the relief of their fatigue, pain, anxiety, and nausea.

Services are by appointment for patients and their caregivers. We offer:

- Inpatient Brief Relaxation bedside massage (limited availability)
- Brief Relaxation chair massage (by appointment)
- Oncology Massage available in ½ hour and hour appointments

Please call (713) 794-4700 for cost, additional details or to schedule an appointment.

Music Therapy

Music therapy is a clinical and evidence based use of music interventions to accomplish individualized goals. Music Therapists are board certified professional health care providers requiring a national examination and ongoing education

Benefits of Music Therapy include: relaxation, creating calming environments, encouraging self expression, reducing stress,

improving coping skills, and implementing protocols to improve cognitive, motor, communication and socialization skills.

Inpatients and outpatients may self refer, or be referred by a health care professional to receive music therapy services.

Please call (713) 794-4700 for additional details or to schedule an appointment.

Nutrition Consultation

Our registered, licensed dietitian provides nutrition assessment and counseling to our patients in therapeutic diets, nutrition build-up prior to and during therapy, and the management of treatment side effects.

There is NO COST for this service. Please call 713-794-4700 to schedule an appointment.

April 2011

Monday

Tuesday

Wednesday

Thursday

Friday

			<p>Group Programs are free of charge and held at our Mays Clinic (ACB) location</p>	<p>1 12-1 Yoga (Hatha) 12-1 Urology Discussion Group 1-2 Kundalini Meditation Techniques for Specific Symptoms</p>
<p>4 10-3 Brief Relaxation Massage (call 713-794-4700 for appt) 10-12 Expressive Art: Pottery 11:30-12:30 Nia Body Energizer 1-2 Pilates</p>	<p>5 10-11 Tibetan Bon Meditation 12-1 PIKNIC: <i>Cancer Related Fatigue</i> 4-5:30 Intro to Centering Prayer</p>	<p>6 10-11 Yoga (Kundalini) 11-12 Exploring Music for Relaxation 12-12:45 Laughter Yoga 2-4 COLLAGE: Shibori: Japanese Tie Dye on Silk 3-4 Yoga/Nia Body Energizer 5-7 Spine Tumor Support Group</p>	<p>7 10:30-11:30 Awareness Through Movement 11:30-1 Look Good Feel Better (Must Pre-Register 713-792-6039) 12-1 Caregivers: I've Got Feelings, Too! (Must Pre-Register 713-794-4700) 1:30-2:30 PIKNIC: Adolescents and Young Adults: Cancer Treatment for the Facebook Generation</p>	<p>8 11:30-12:30 Guest Chef 12-1 Yoga (Hatha) 1:30-2:30 Kundalini Meditation Techniques for Specific Symptoms</p>
<p>11 10-3 Brief Relaxation Massage (call 713-794-4700 for appt) 10-11 Everything You Wanted to Know About Tea 11:30-12:30 Nia Body Energizer 11:30-12:30 Finding Reliable Health Information 1-2 Pilates</p>	<p>12 10-11 Tibetan Bon Meditation 11-12 Education and Support for Depression and Anxiety 2-4 Meditation for Stress Reduction 5-6 Aromatherapy & Self Massage</p>	<p>13 10-11 Yoga (Kundalini) 11-12 Exploring Music for Relaxation 12-1 Endometrial Cancer Support Group 1:30-2:30 Nutrition for Individuals Touched by Cancer 3-4 Yoga/Nia Body Energizer 6-7:30 Ovarian Cancer Support Group</p>	<p>14 11-12 Breast Cancer Support Group 12-1 Caregivers: I've Got Feelings, Too! (Must Pre-Register 713-794-4700)</p>	<p>15 12-1 Yoga (Hatha) 1-2 Kundalini Meditation Techniques for Specific Symptoms</p>
<p>18 Caregiver Week 10-3 Brief Relaxation Massage (call 713-794-4700 for appt) 11:30-12:30 Nia Body Energizer 1-2 Pilates for Caregivers</p>	<p>19 Caregiver Week 10-11 Tibetan Bon Meditation 12-1 PIKNIC: <i>Self-Care for Caregivers</i> 4-5:30 Intro to Centering Prayer</p>	<p>20 Caregiver Week 10-11 Yoga (Kundalini) 11-12 Exploring Music for Relaxation 12-12:45 Laughter Yoga 2-4 COLLAGE: Shibori: Japanese Tie Dye on Silk 3-4 Yoga/Nia Body Energizer</p>	<p>21 Caregiver Week 10:30-11:30 Awareness Through Movement 12-1 PIKNIC: <i>Your Sex Life After Cancer</i> 12-1 Caregivers: I've Got Feelings, Too! (Must Pre-Register 713-794-4700)</p>	<p>22 Caregiver Week 10-2 Brief Relaxation Massage For Caregivers (call 713-794-4700 for appt) 12-1 Yoga (Hatha) 1-2 Kundalini Meditation Techniques for Specific Symptoms</p>
<p>25 10-11 Everything You Wanted to Know About Tea 11:30-12:30 Nia Body Energizer 1-2 Pilates</p>	<p>26 10-11 Tibetan Bon Meditation 11-12 Education and Support for Depression and Anxiety 2-4 Meditation for Stress Reduction</p>	<p>27 10-11 Yoga (Kundalini) 11-12 Exploring Music for Relaxation 3-4 Yoga/Nia Body Energizer</p>	<p>28 10:30-11:30 Safe Massage Techniques for the Cancer Patient 12-1 Caregivers: I've Got Feelings, Too! (Must Pre-Register 713-794-4700)</p>	<p>29 12-1 Yoga (Hatha) 1-2 Kundalini Meditation Techniques for Specific Symptoms</p>

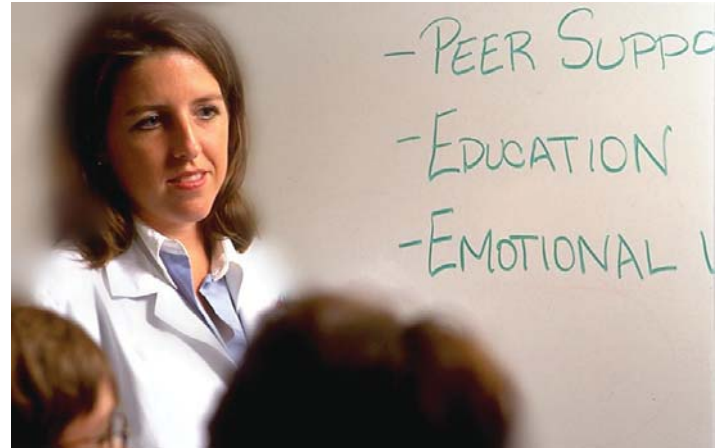
Drop in to learn more about us, additional opportunities, or just for a free cup of green tea!

Integrative Medicine Videos on Demand

Curious about integrative medicine and complementary therapies? We have gathered a large selection of videos on our on our Multimedia page at mdanderson.org/integrativemed.

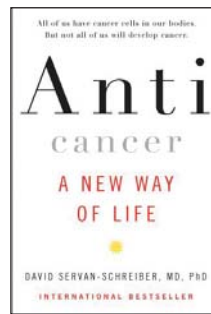
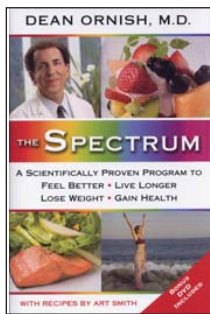
These videos, also found in iTunes and YouTube, include therapeutic techniques and helpful information for anyone interested in participating in their own health care. Some of our videos include:

- Chemobrain: Is It Real?
- Aromatherapy: It Makes Sense for Cancer Patients
- Gentle Chair and Bedside Yoga
- Safe Massage Techniques for the Cancer Patient
- Tibetan Bon Meditation
- plus short videos on Laughter Yoga, Qigong, Nia, Kundalini Yoga, Music Therapy and much more!



Guest Lectures on Demand

If you missed the lectures by the international best selling authors Dr. David Servan-Schreiber or Dr. Dean Ornish, you can view these at mdanderson.org/ornish or at mdanderson.org/anti-cancer



Relaxation On The Go

Want to relax anytime, anywhere? Drop by either of our two locations for a free CD with two of Debra's relaxation tracks. Or you can download the free recording of Debra Sivesend's guided imagery adventure into the garden in MP3 format. Go to the multimedia page at mdanderson.org/integrativemed. You can then listen to the audio file using your computer or download it from iTunes to your MP3 player for free.

Integrative Medicine Lecture Series

April 19, 2011

Exercising to Reduce Cancer Risk: Do We Know Enough to Adopt Interventions?

given by Karen Basen-Engquist, PhD, Professor, Behavioral Science MD Anderson Cancer Center

Lectures take place at 12:00 – 1:00 p.m. in Hickey Auditorium (R11.1400). For more information and scheduling updates for the lecture series, please visit mdanderson.org/CIMER or call Felicia Stephens at 713-745-3206.

mdanderson.org/CIMER

Looking for reliable health information? CIMER, a web site for health professionals, patients and the public, provides:

- Information on herbs, dietary supplements, integrative therapies & more
- About Complementary/Integrative Medicine
- In the News & FDA Advisories
- Multimedia
- Educational Programs & Events
- Frequently Asked Questions
- Resources & Links
- About Us and Contact Information

Additional evidence-based reviews by MD Anderson staff, the National Cancer Institute and others. Access Natural Medicines Comprehensive Database to explore natural product safety, effectiveness, quality, and potential interactions.

Our group programs are open to any patient or survivor, their families and their personal caregivers regardless of where they receive their treatment.

Please arrive early if you are participating for the first time so that you may complete registration paperwork. Our programs fill quickly, so please call us to reserve your spot in the class.

mdanderson.org/integrativemed | 713-794-4700

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Making Cancer History®