

Inside Integrative Medicine

January 2016

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

Exercise for Cancer Related Fatigue

By: Carol Eddy, senior physical therapist, Integrative Medicine Center



Cancer treatments often come with difficult, sometimes devastating side effects. Symptoms such as fatigue may not be too bad at the beginning of chemotherapy or radiation treatments, but as treatments continue, fatigue can worsen. You may find yourself starting to limit your daily activities or social interactions. There may be some days when it can even be difficult to get out of bed. The more tired you feel, the less active you are, and your body begins to weaken, making movement even more difficult and tiring. One of the most powerful treatments we have to treat cancer-related fatigue is physical activity.

Sometimes there are medical reasons for feeling fatigued, such as anemia or thyroid dysfunction that medicine can help with. You may be having difficulty sleeping due to treatment with steroids, or you

may feel sluggish from pain medication. It may sound counter intuitive, but staying physically active is one of the best ways to reduce the effects of cancer related fatigue. The good news is that, like medicine, exercise can be prescribed and dosed in such a way that is both safe and manageable for someone surviving cancer.

The American College of Sports Medicine has published exercise guidelines for cancer survivors. While they are specific in saying cancer survivors should aim to get at least 150 minutes per week of moderate aerobic activity, as well as at least two days of strength training each week, their strongest recommendation is simply to **avoid inactivity**. Research in this field clearly indicates that **ANY** activity is better than none.

Exercise does not have to be exhausting to be effective. It can be done in very small increments of time or effort, at home or wherever you are comfortable, and at an intensity you control so that you can be sure not to over-exert yourself. Here are five simple exercises you can practice at home:

1. **Walk for 5-10 minutes** around your house or neighborhood, working just hard enough to start breathing a little heavy, but not so hard you cannot have a conversation.
2. **Do 10-15 push-ups** on a wall or on a counter top, such as in the kitchen.
3. **Sit down and stand up repeatedly** 10 times in a row.
4. **Stand up and march in place** during TV commercials.
5. **Turn your favorite music on and dance** to a song or two.

At the Integrative Medicine Center, our senior physical therapist can evaluate your current fitness level and work to establish a feasible and safe exercise plan to help you manage your fatigue. To make an appointment at the Integrative Medicine Center, ask your MD Anderson physician to submit an online consultation request. For additional details, visit www.mdanderson.org/integrativemed.

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

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.

- **Breath & Movement**

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!



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



Singing Support Group

A support group for cancer survivors and caregivers who enjoy singing. Come join the fun!



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

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. 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 (with the exception of Singing Support Group)

January 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Closed for New Year's Holiday
4 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts	5 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	6 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 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 5:00-7:00 Spine Support Group*	7 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	8 11:30-12:30 Yoga for Fitness
11 8:00-12:00 Brief Relaxation Massages 1:00-2:00 Yoga for Health	12 9:30-10:30 Tibetan Bon Meditation: Sacred Sounds 11:15-12:15 Get Moving 12:30-1:30 PIKNIC: Insurance 101: Navigating the world of insurance 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	13 10:30-11:30 Yoga for Health 12:00-1:00 Endometrial Cancer Support Group 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming 6:00-7:30 Ovarian Cancer Support Group	14 11:00-12:00 Breast Cancer Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Decrease stress with music 3:30-4:30 Qigong	15 11:30-12:30 Yoga for Fitness
18 MLK Holiday	19 9:30-11:00 Tibetan Bon Meditation: Breath & Movement 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	20 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	21 12:00-1:00 Caregivers: I've Got Feelings, Too! 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Fight Fatigue! Create your personal power mix 3:30-4:30 Qigong	22 11:30-12:30 Yoga for Fitness
25 8:00-12:00 Brief Relaxation Massages 11:00-12:30 Gardening 101 1:00-2:00 Yoga for Health 2:00-4:00 Expressive Arts	26 9:30-10:30 Tibetan Bon Meditation: Power of the Breath 11:15-12:15 Get Moving 3:30-4:30 Tai Chi 5:30-7:00 Singing Support Group	27 10:30-11:30 Yoga for Health 12:00-1:00 Laughter for Health 1:00-5:00 Brief Relaxation Massages 2:00-3:00 Therapeutic Group Drumming	28 10:30-12:00 Active Surveillance Support Group 12:00-1:00 Caregivers: I've Got Feelings, Too! * 12:30-1:30 Shape-Up Circuit 2:00-3:00 Music for Health: Change your mood using your favorite music 3:30-4:30 Qigong	29

All classes in blue 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 Services

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 \$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.

Mays Clinic Services

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.

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.

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.

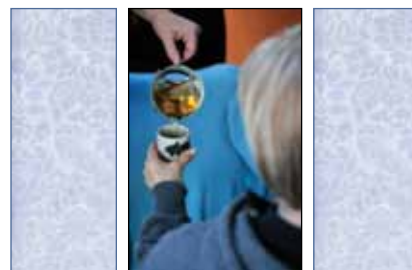
Become a Member Today

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.

“Meditation, Art & Tea: Tasting with Mindfulness”



January 28, 2016

6:30 - 8 p.m.

The Museum of Fine Arts, Houston