

# Inside Integrative Medicine

June 2016

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

## The Care of the Human Spirit Spirituality and Religiosity and Living with Cancer

By: Marvin Omar Delgado Guay M.D., Associate Professor, Department of Palliative, Rehabilitation and Integrative Medicine



Spirituality and religious beliefs can be important to the well-being of people who have cancer, enabling them to better cope with the disease. Spirituality and religiosity may help patients and families find deeper meaning and experience a sense of personal growth during cancer treatment, while living with cancer, and as a cancer survivor.

Studies show that religious and spiritual values are important to most people in the U.S. and other countries. Patients may consider themselves as spiritual, religious, or both. These spiritual values can support an individual's sense of peace, purpose, connectedness to the moment, to self, to others, to nature, to the significant or sacred, and beliefs about the meaning of life. Spirituality is also connected to finding direction, self-worth, belonging to a community, to love, to be loved, and is often facilitated through seeking reconciliation when relationships are broken.

Achieving higher levels of spirituality through internal spiritual practices and experiences has been associated with more resilience, adaptive coping strategies, and less severe depression. In this way, spirituality provides a system of meaning that emphasizes hope, adaptation, insight, gratitude, and the belief that circumstances are not senseless or meaningless.

Many individuals recognize their life-threatening illness as an opportunity for spiritual growth. Having access to spirituality through meaning, purpose, connections with others, or connections with a higher power can provide them with the spiritual resources necessary to adjust to adverse circumstances.

For some patients, spiritual well-being may affect the whole experience of their illness, as well as their treatment decisions toward the end-of-life. Some patients and their caregivers may want doctors to talk about spiritual concerns, but may feel unsure about how to approach the subject. Patients with cancer also struggle with spiritual/existential concerns alongside the physical and emotional challenges of their illness. It is important to notice that caregivers might also experience spiritual needs/concerns and suffering. Do not be afraid to incorporate spiritual needs into your care.

### Here are Six Ways to Foster Your Spiritual Life and a Healing Environment

1. Live one day at a time, and enjoy it with people you love.
2. Make time for yourself; to heal and love.
3. Try to cultivate gratefulness in your life. At some point in your day, write down three things for which you are grateful.
4. Share your emotions – worries, fears, happiness, etc. – with the people you are comfortable with who love and support you.
5. Continue to grow your relationship with a Higher Power (if it is important to you).
6. Continue to grow your relationship with yourself and others.

Addressing spiritual issues with your health care team may improve your health, quality of life and ability to cope. Your team, which might consist of the Supportive Care Team, Integrative Medicine Center and Spiritual Care department, can walk with you through this process. Visit the Integrative Medicine Center today to learn more about additional therapies that have been shown to increase spiritual well-being.

For additional details visit [www.mdanderson.org/integrativemedcenter](http://www.mdanderson.org/integrativemedcenter).

# Outpatient Group Clinical Services

All Classes are free. Please call **713-794-4700** to sign up.

## Physical

### **Cooking for Optimal Health**

The dietitian for the Integrative Medicine Center demonstrates how to prepare dishes meeting the whole foods, plant-based diet recommendations. Participants will also have the chance to enjoy some delicious samples. Recipes will emphasize a different theme each month.



### **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.

### **Look Good, Feel Better**

Licensed cosmetologists help patients adjust to temporary or permanent changes in their appearance. MUST pre-register at (888) 227-6333

#### 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

# June 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>11:00-12:00</b> Metastatic Breast Cancer Support Group (Location: ACB2.1049 Side B) <b>12:00-1:00</b> Laughter for Health <b>5:00-7:00</b> Spine Support Group	<b>2</b> <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! <b>3:30-4:30</b> Qigong	<b>3</b> <b>11:00-12:00</b> Yoga for Fitness
<b>6</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: Chinese Ink Art – Koi	<b>7</b> <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath <b>11:15-12:15</b> Get Moving <b>3:30-4:30</b> Tai Chi	<b>8</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>12:00-1:00</b> Endometrial Cancer Support Group <b>12:00-1:00</b> Laughter for Health <b>6:00-7:30</b> Ovarian Cancer Support Group	<b>9</b> <b>11:00-12:00</b> Breast Cancer Support Group <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! <b>12:30-1:30</b> Shape-Up Circuit	<b>10</b>
<b>13</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>1:00-2:00</b> Yoga for Health	<b>14</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>9:30-10:30</b> Tibetan Bon Meditation: Sacred Sounds <b>11:15-12:15</b> Get Moving <b>3:30-4:30</b> Tai Chi	<b>15</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>12:00-1:00</b> Laughter for Health	<b>16</b> <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! <b>12:30-1:30</b> Shape-Up Circuit	<b>17</b> <b>11:00-12:00</b> Yoga for Fitness
<b>20</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: Chinese Ink Art – Butterflies	<b>21</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>9:30-11:00</b> Tibetan Bon Meditation: Breath & Movement <b>11:15-12:15</b> Get Moving <b>12:30-1:30</b> PIKNIC: Healing Mozart – The Science of Music in Medicine <b>3:30-4:30</b> Tai Chi	<b>22</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health <b>12:00-1:00</b> Laughter for Health	<b>23</b> <b>10:30-12:00</b> Active Surveillance Patient Support Group <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> Qigong	<b>24</b> <b>11:00-12:00</b> Yoga for Fitness
<b>27</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>11:00-12:00</b> Cooking for Optimal Health <b>1:00-2:00</b> Yoga for Health <b>2:00-4:00</b> Expressive Arts: Chinese Calligraphy – Character of May, All Best Wishes Come True	<b>28</b> <b>8:00-12:00</b> Brief Relaxation Massages <b>9:30-10:30</b> Tibetan Bon Meditation: Power of the Breath <b>11:15-12:15</b> Get Moving <b>3:30-4:30</b> Tai Chi	<b>29</b> <b>8:00-5:00</b> Brief Relaxation Massages <b>10:30-11:30</b> Yoga for Health	<b>30</b> <b>12:00-1:00</b> Caregivers: I've Got Feelings, Too! <b>12:30-1:30</b> Shape-Up Circuit <b>3:30-4:30</b> 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

## 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.

## 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.

## 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.

## The Art and Science of Meditation

June 16, 2016

6:30 - 8 p.m.

Speaker: Alejandro Chaoul, Ph.D.

American General Conference Room  
The Museum of Fine Arts, Houston

Free and open to the public

Questions: [KMTaniguchi@mdanderson.org](mailto:KMTaniguchi@mdanderson.org)

## 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](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 and patient Joyce Arrington Smith.**