

About Integrative Medicine

CELEBRATING
OUR 20TH
ANNIVERSARY

A GUIDE TO SELF-CARE AND SUPPORT | SUMMER 2019



Jun Mao
Chief, Integrative Medicine Service

CHIEF'S NOTE

Welcome to the summer issue of the Integrative Medicine Service newsletter. This month, meet our new fitness instructors, learn about our latest research on cognitive impairment, explore integrative medicine at MSK's regional sites in our "Ask the Expert" series, sign up for a summer class, and discover the wonders of lavender in the About Herbs feature.

Enjoy this issue!
Jun



Weekly Classes

Join the Integrative Medicine fitness team throughout the summer for strength training and mind-body classes. All classes are \$25 each. Talk to a care coordinator by calling 646-888-0800 for more information and to sign-up in advance.

Yoga for Everybody

Try gentle yoga in a supportive and soothing environment customized for you.

Tuesdays, 9:30 AM to 10:30 AM
Bendheim Integrative Medicine Center

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Get to Know Our New Fitness Instructors

By Lauren DeMarzo

Integrative Medicine is excited to introduce two additions to our fitness team: Lauren Chiarello and Jeff Rochford. They join Clinical Fitness Specialist Donna Wilson in teaching group classes and providing personal training sessions to people with cancer, their families, and staff.

Lauren, you have gotten to know MSK from many angles. Tell us about your experience.

It's true, and my journey has come full circle now. I first came to MSK as a patient. I was diagnosed with Hodgkin lymphoma at age 23. In 2008, I was in remission and started working in the MSK Development Department. Just a few months later, I relapsed. I spent six weeks in isolation on M8 and received a stem cell transplant. Now, I've been in remission for ten-plus years. I ran the New York City Marathon with Fred's Team in 2012 and 2013. It was incredible to be on First Avenue and see MSK in front of me — the magical place that saved my life!



Lauren Chiarello

What classes do you teach, and what ideas do you have for future fitness programs?

I teach group cardio-strength training classes on Mondays at the Bendheim Integrative Medicine Center. I would like to develop a young adult-focused fitness program with private sessions, group classes, workshops, and community events. This kind of holistic program has been missing from the cancer

treatment and recovery process, especially for people in their 20s, 30s, and 40s.



Jeff Rochford

Jeff, how did you become involved with MSK and Integrative Medicine?

My family has a long history with MSK. In 1998, I ran my first marathon with Fred's Team. The whole experience was inspiring, and I was hooked. A few years after my first marathon with Fred's Team, I created their coaching program. This is my 16th year as head coach. As a personal trainer, I am looking forward to using my coaching skills to connect with people with cancer and survivors and help them reach their fitness goals.

What exercises do you recommend for staying active when people are going through treatment and not feeling well?

It's hard to keep moving when you're not feeling well. If you are having a tough time, going for a walk is a good place to start. You can get your heart rate up by making a game of it. Speed walk every third light post. Keep reminding yourself how much better you'll feel afterward.

Some cancer therapies and medications can lead to muscle loss. When you are ready, it's also important to do strength training exercises. Squats and lunges are great examples. You can use your body weight or light hand weights. Cardio is equally important for overall fitness and heart health.

With that said, the best exercise is the one you'll do. We are here to help everyone move better and enjoy the process.

TIPS FOR SAFE SUMMER EXERCISE

Try water sports to beat the heat

"I'm a huge fan of swimming, especially for people with mobility and balance issues." — Jeff



Take time to stretch

"Stretching helps protect your body from injury and builds flexibility to help you avoid falls." — Lauren

Stay hydrated

"Chemotherapy can lead to dehydration. Drink more water throughout the day. Always have a bottle of water close at hand." — Jeff



Fuel your body with seasonal snacks

"Before your workout, opt for nonacidic fruits, such as watermelon, berries, and peaches. Afterward, try a homemade protein-packed smoothie. You will rehydrate and avoid the added sugars found in store-bought drinks." — Jeff



Create a summertime music playlist

"Your favorite songs will keep you motivated to stick with it, even when it's hot outside. A few of mine include 'Dog Days Are Over' by Florence and the Machine and 'Free Fallin' by Tom Petty." — Lauren



Integrative Care for Cognitive Changes after Cancer: The Latest Research Findings Presented at ASCO 2019

By Christina Seluzicki

People with cognitive impairment have problems with memory, concentration, and other important mental tasks, such as learning, planning, and making decisions. This common burden facing cancer survivors can be made worse by poor sleep. Despite being widespread — up to 75 percent of people with cancer suffer from this distressing condition — effective treatments are lacking.

Now there may be hope. New research out of MSK's Integrative Medicine Service found that acupuncture and cognitive behavioral therapy for insomnia (CBT-I) improved cognitive impairment in cancer survivors with insomnia. Further, the treatment effects differed, with participants in the CBT-I group showing improvement in their own perception of their ability to concentrate (known as subjective attention) and those in the acupuncture group demonstrating improvement in their performance on tests

that required them to recall specific items (their objective memory).

“Our results lay the groundwork for understanding how to develop the best therapy for each person’s specific type of cognitive impairment.”

— Jun Mao

In June, Service Chief Jun Mao presented these findings at the 2019 annual meeting of the American Society of Clinical Oncology (ASCO) in Chicago. “Our results lay the groundwork for understanding how to develop the best therapy for each person’s specific type of cognitive impairment,” says Dr. Mao. “It is our hope that future research will lead to targeted and personalized approaches to managing this incredibly challenging problem.”

ABOUT HERBS

Lavender

By Jyothirmai Gubili

A perennial shrub common in the Mediterranean region, lavender is grown as a decorative plant in many parts of the world. It has been used for cooking, cosmetics, and medicine for hundreds of years. Currently, lavender is used to treat headaches, palsy, toothaches, sore joints, skin diseases, and colic, and to reduce anxiety and depression. It is also commonly used by itself or in combination with other essential oils as a fragrance in soaps, cleansers, and moisturizers; for massage; and in aromatherapy (inhaling a fragrant essential oil obtained from a plant).



Clinical studies have suggested that when lavender is used as aromatherapy, it may improve memory loss in people with

dementia. Lavender aromatherapy also lessens preoperative anxiety and reduces the need for pain medication following surgery. Additional studies have reported improvements in sleep quality, symptoms of dementia, severe menstrual cramps (dysmenorrhea) and emotional symptoms, and pain from kidney stones (renal colic). Inhaled lavender has also been shown to reduce the severity of migraine headaches.

Preparations of lavender taken by mouth were shown to ease symptoms in people with mild to moderate depression and in those with generalized anxiety disorder.

Although laboratory studies have shown that lavender kills cancer cells, it did not benefit people with cancer having radiotherapy or boost the effects of massage. More research is needed.

ASK THE EXPERT

Kevin Liou

This month, we are happy to introduce Kevin Liou, our new integrative medicine doctor. Dr. Liou completed his internal medicine residency training at NewYork-Presbyterian/Weill Cornell



Kevin Liou

Medical Center and has an additional certification in acupuncture. He is passionate about delivering holistic, patient-centered care, and he hopes to make integrative therapies available to everyone. “Research on integrative medicine has been incredibly promising,” he says, “but there are still a lot of barriers that make it difficult for people to experience the benefits. For example, some therapies, such as massage, fitness, and mind-body therapies, are not usually covered by insurance. Also, it can be challenging to find a good acupuncturist or yoga studio close to home. I look forward to working with our team to make sure everyone can get access to integrative medicine services near their home.”

How is MSK making integrative therapies more accessible outside of New York City?

“For those who do not live in the five boroughs, we provide acupuncture services at all of MSK’s regional sites. Mindful Homes is our new guided meditation program. It will be available for free online in the near future. We have also partnered with local yoga studios in Westchester County, in New Jersey, and on Long Island to offer more yoga classes. We will keep working to expand the integrative medicine services available within the regional network. We are always exploring new local partnerships, so if you have any ideas on how we can promote wellness in your community, please feel free to share with us!”

To make an appointment with one of our integrative medicine doctors, call 646-888-0845.

Do you have a question for our integrative medicine experts? Email us with “Ask the Expert” in the subject line at aboutherbmsk@mskcc.org. We may feature your question in an upcoming issue!

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Weekly Classes

PEX for Men

Cardio sequences and weight training offer a fun and challenging workout to improve your overall health and confidence.

Wednesdays, 4:00 PM to 5:00 PM
Bendheim Integrative Medicine Center

Tai Chi and Qigong on a New Day!

Reduce the fear and likelihood of falling, increase your range of motion, and improve your circulation with smooth and gentle movements.

Fridays, 3:30 PM to 4:30 PM
Bendheim Integrative Medicine Center

Focused Fitness for Women

A mix of movements to recover upper body flexibility and core strength after breast and gynecologic surgery.

Wednesdays, 9:30 AM to 10:30 AM
Evelyn H. Lauder Breast Center

Thursdays, 9:30 AM to 10:30 AM
Bendheim Integrative Medicine Center

Registration is required. Call the Integrative Medicine Service at 646-888-0800 to register or learn more about these classes.

Bendheim Integrative Medicine Center
1429 First Avenue at East 74th Street
Appointments: 646-888-0800
www.mskcc.org/integrativemedicine