

About Integrative Medicine

A GUIDE TO SELF-CARE AND SUPPORT | SPRING 2018



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CHIEF'S NOTE

Welcome to the spring issue of our newsletter. As we shake off winter and enjoy warmer days, get moving with exercises from our resident nurse and clinical fitness expert. It is a great time to explore the benefits of the popular Mediterranean diet or sign up for one of our Tai Chi or meditation classes. And read on to learn more about how you can participate in a research study.

Best wishes for a wonderful spring!

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Get Moving This Spring in an Exercise Class

By Christina Seluzicki



Donna Wilson, a nurse and fitness expert, leads an exercise class.

Spring is in the air! There's no better time to get moving after a long winter or spice up your current exercise routine. Our bodies are designed to move, but most of us would benefit from being more physically active. The American College of Sports Medicine suggests exercising 150 minutes a week. Adding physical activity to your days isn't always easy, though.

Richard Foody, an MSK patient and weekly participant in the PEX exercise class, lost muscle mass and felt incredibly fatigued following his cancer diagnosis. His doctor's advice? Exercise. Mr. Foody's response: "You've got to be kidding. Exercise? I can't do that!" But he also said to himself, "I don't want to live the rest of my life like this. I've got to do something about it. If I don't do the exercise, no one else is going to do it for me." He started taking weekly classes with MSK nurse and clinical fitness expert Donna Wilson. Today, Mr. Foody says he is stronger and happier than before his cancer diagnosis.

With guidance from the Integrative Medicine Service and your doctors, you can safely exercise during and after your cancer treatments.

The Integrative Medicine Service offers a variety of classes and private sessions so that you can build strength, balance, and endurance. To sign up for a class, call 646-888-0800.

FOUR EXERCISES YOU CAN DO TODAY TO IMPROVE YOUR FITNESS

CHAIR SQUAT

- Sit in a chair. Place your feet flat on the floor, with your knees over your ankles.
- As you stand up, take a deep breath in.
- When you exhale, squeeze your butt muscles tightly and stretch your arms overhead.
- Lower your arms and sit down.
- Repeat the chair squat 12 times.

WALL PUSH-UP

- Stand facing a wall. Your toes should be 12 to 18 inches away from the wall.
- Place your hands on the wall at shoulder height and shoulder-width apart.
- Inhale and slowly bend your elbows in and back toward your chest.
- As you bend your elbows, your chest and face will move toward the wall.
- Exhale as you push away from the wall firmly.
- Repeat the wall push-up ten times.

WALL SQUAT

- Stand with your back straight against a wall and your feet shoulder-width apart.
- Walk your feet one step away from the wall. Your toes should be 12 to 18 inches away from the wall, but your back should still be touching the wall.
- Breathe in. As you exhale, slide down the wall to a sitting position.
- Hold this sitting position for 20 to 30 seconds. Continue to breathe in and out.
- Move slowly up the wall to the starting position.
- Repeat the wall squat up to four times.

SHOULDER PRESS

- You can practice a shoulder press sitting in a chair or standing up.
- Lift your chest. Press your shoulders down. Tighten your stomach muscles to support your lower back.
- Hold one weight in each hand, palms facing forward. You can use one-pound to three-pound weights.
- Lift the weights up to shoulder height, contracting your bicep muscles, and pause.
- Push the weights overhead. Do not let the weights touch each other.
- Lower your hands to shoulder height.
- Return to the starting position.
- Repeat the shoulder press ten times for one set. Work up to a total of three sets.



Memorial Sloan Kettering
Cancer Center



UPCOMING CLASSES AND EVENTS

Classes are open to the MSK community of patients, survivors, and their caregivers.

Call **646-888-0800** to reserve a spot and visit www.mskcc.org/integrativemedicine for details.

Tai Chi for Beginners (six-week series)

Cost: \$120

Thursdays, May 24 to June 28
9:30 to 10:30 AM

Evelyn H. Lauder Breast Center (BAIC)
300 East 66th Street, 2nd floor gym

New! Monthly Meditation Refresher

Cost: \$30 (per class)

Monday, May 21, 6:00 to 7:30 PM
Wednesday, June 27, 11:00 to 12:30 PM

Bendheim Integrative Medicine Center, 1429 First Avenue

Talk by Integrative Medicine Experts: Self-Care for Neuropathy

Cost: FREE

Tuesday, May 8, 2018, at 5:30 PM

Speakers: Rocco Caputo, LMT, NMT, and Jane Greene, RN, LMT

Mortimer B. Zuckerman Research Center, 417 East 68th Street, Room ZRC-105

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

The Integrative Medicine Service offers classes and self-care videos on yoga, tai chi, qigong, and meditation to help you discover the practice that is right for you. For our current class schedule and links to our video library, go to our website.

ABOUT HERBS FEATURE OF THE MONTH

Mediterranean Diet

By Jyothirmal Gubili

May is National Mediterranean Diet Month. This eating plan has three key components. First, it focuses on eating large amounts of fruits, vegetables, grains, nuts, legumes, and olive oil. Eating smaller portions of poultry or seafood are encouraged. Last, drinking a moderate amount of red wine is typical. The Mediterranean diet also emphasizes the social benefits of sharing meals with family and friends.



Research shows that the Mediterranean diet can help you lose weight. It can also reduce the risk factors

for diabetes, heart disease, Alzheimer's disease, cancer, and overall mortality.

The largest long-term randomized trial to date, PREDIMED from Spain, supports some of these findings.

The Mediterranean diet is included in the 2015-2020 Dietary Guidelines for Americans as a healthy dietary pattern. It is also on UNESCO's Representative List of Intangible Cultural Heritage of Humanity.

Your nutritional needs depend on where you are with your treatment. Be sure to talk with an MSK nutritionist before you start the Mediterranean diet.

Participating in Research Studies

By Lauren DeMarzo



Clinical trials give doctors helpful information to ensure that people with cancer receive the best care available. At Memorial Sloan Kettering, researchers study how integrative therapies can help people recover from the side effects of cancer and other chronic conditions. This can include practices such as acupuncture and yoga.

More participation in research studies has a positive impact on integrative oncology and cancer research worldwide. But often, people don't know about studies that are appropriate for them. Inconvenient locations, lack of access to reliable transportation, and other factors can make joining a study feel overwhelming.

MSK can help you find studies that fit your needs. People with cancer have a

lot to process already, from testing and diagnosis, through treatment and follow-up care, and into survivorship. MSK's goal is to direct you to studies that are specific to your treatment, symptoms, and overall health goals and to ensure that you have access to the best available research options.

A participant in the PEACE study of acupuncture for chronic pain treatment felt that she could help others. "I know other [people] may have been wary of participating in something like this," she says. "I went into the experience not knowing whether it would help me or not. But I left the space open so that I would be able to learn something new and judge the experience fairly."

Doing your research is important, so our study participant advises people with cancer who are thinking about joining a clinical trial to:

1. spend time personally examining the reasons for participating
2. talk to others and ask questions
3. make a pro-con list to help lead you in one direction

"At first, I was nervous, but the research staff gave me a full explanation of what I was going to go through, so I felt very comfortable and at ease," she says.

To learn more about participating in a clinical trial, call 646-888-0811, or visit www.mskcc.org/clinicaltrials and search for "Integrative Medicine."