

About Integrative Medicine

A GUIDE TO SELF-CARE AND SUPPORT | FALL 2018



Jun Mao, MD, MSCE
Chief, Integrative Medicine Service

CHIEF'S NOTE

Welcome to the fall issue of the Integrative Medicine Service newsletter. This month, we discuss how integrative medicine therapies are helpful for women during and after breast cancer; introduce our "Ask the Expert" series, in which we invite you to submit your integrative medicine questions; share information about upcoming mind-body workshops; and learn all about probiotics.

Enjoy this issue!

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Strategies for Coping with Changes after Breast Cancer

By Christina Seluzicki and Lauren DeMarzo

Following a breast cancer diagnosis, many people are interested in developing a healthier lifestyle. Cancer treatments and risk-reducing procedures can lead to a variety of distressing side effects, including cancer-related early menopause and an overall lack of motivation that can make some wellness goals feel out of reach.

Integrative therapies are safe nonmedication options that can be used to treat the side effects of breast disease and systemic therapies while also improving a woman's health. "For every woman impacted by breast cancer, there is a combination of integrative therapies to help her feel her best," says Ting Bao, a breast medical oncologist, integrative medicine doctor, and acupuncturist at MSK.

In an integrative medicine consultation visit, Dr. Bao incorporates complementary therapies — like mind-body therapies, diet and lifestyle changes, exercise,

acupuncture, and massage therapy — to develop a personalized wellness plan for each of her patients. "Depending on your interests and the symptoms you are experiencing, we will work with you to include the appropriate therapies in your life," she says.

Dr. Bao is also an active researcher dedicated to expanding the evidence for integrative medicine in preventing and treating the side effects of breast cancer treatment. Currently, she is conducting two pilot studies to explore how to best manage nerve damage from chemotherapy: one on acupuncture and another on yoga.

When coping with effects during and after breast cancer, Dr. Bao suggests the integrative therapies below.

To learn more about how integrative therapies can help you cope with side effects and develop your personal care plan with an integrative medicine doctor or nurse practitioner, call 646-888-0845.

New Program: Private Yoga Therapy with Tina Paul, Certified Yoga Therapist

Different from a group class, yoga therapy is a more personalized experience. In a private one-hour session, a trained yoga therapist evaluates your posture, breathing patterns, flexibility, and range of motion. MSK's yoga therapy sessions are accessible for people at all fitness levels.

Yoga therapy helps:

- improve sleep quality
- reduce stress
- reduce fatigue
- decrease depression and anxiety
- improve symptoms associated with chemotherapy

About Tina Paul: A yoga teacher for more than ten years, Tina Paul has a master's of science in yoga therapy from Maryland University of Integrative Health. She uses therapeutic yoga to help people with cancer-related conditions and chronic



Tina Paul guides a yoga therapy student.

pain due to herniated disks, stenosis, rotator cuff injury, and scoliosis.

Dates and Times: Private one-hour sessions are available Wednesdays from 8:00 AM to noon. Cost: \$145

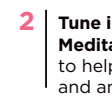
To make an appointment, call Integrative Medicine at 646-888-0800.

FIVE INTEGRATIVE THERAPIES TO IMPROVE YOUR HEALTH

During and After Breast Cancer



- 1 Receive acupuncture** to help with hot flashes and joint pain; acupuncture is now available at seven MSK locations.



- 2 Tune in to our online Meditation Station** to help relieve stress and anxiety.



- 3 Yoga and group meditation** reduce symptoms of depression, such as mood swings, low motivation, and insomnia.



- 4 Get a manual lymph drainage massage** if you are at risk for developing lymphedema.



- 5 Take a group fitness class** to improve flexibility, prevent weight gain, and strengthen bone density.



Memorial Sloan Kettering
Cancer Center

UPCOMING EVENTS AND CLASSES

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

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

Meditation for Everyone — Online (six-week series) Cost: \$150

This online course is for people who are new to meditation and interested in learning relaxation techniques to reduce stress and build resiliency. It draws from a variety of traditional and contemporary meditation practices.

Call the Integrative Medicine Service to sign up for our next session.

Instructor: Pasha Hogan, a mind-body therapist

Meditation 101 (six-week series) Cost: \$180

The Meditation 101 workshop teaches the basics of mindfulness. You will become aware of your natural ability to pay attention to your body, surroundings, and reactions to stress.

Thursdays
November 8 through December 20
3:30 to 5:00 PM

Instructor: Beth Sandweiss, a certified mindfulness-based stress reduction teacher with a master's in social work

Bendheim Integrative Medicine Center, 1429 First Avenue

Free Monthly Yoga Class

Join us for a free monthly yoga class through MSK's new community partnership with Yoga Haven in Westchester, New York. The class is for people with cancer and survivors.

Monthly, Sundays at 1:00 PM

Yoga Haven, 91 Montgomery Ave, Scarsdale, NY 10583

Upcoming Classes:
November 11 and December 2

Questions?

Contact Janice DeRito, Integrative Medicine Project Coordinator, at deritoj@mskcc.org or 646-888-0809, or Yoga Haven at info@yogahaven.com or 914-337-1437.

Bendheim Integrative Medicine Center
1429 First Avenue at East 74th Street

Appointments: 646-888-0800

www.mskcc.org/integrativemedicine

ABOUT HERBS FEATURE

Probiotics

By Jyothirmai Gubili

During the past two decades, probiotics have become increasingly popular as part of a healthy diet. They are believed to improve digestion and restore the balance of microorganisms that live in our digestive tract (also known as gut microbiota). They do this by keeping in check harmful organisms that cause many chronic and degenerative disorders. Most probiotics contain lactic acid-producing bacteria and yeast, such as those found in yogurt and other fermented foods. They are also sold as dietary supplements.



There is evidence that, when taken orally, probiotics control acute infectious diarrhea, diarrhea associated with antibiotics, and repeated abdominal pain in children; treat mild to moderately active ulcerative colitis (a chronic inflammatory bowel disease); and lower high blood pressure and cholesterol.

In addition, consuming unpasteurized dairy products, which contain probiotics, is associated with a lower occurrence of

colorectal cancer. A review of available clinical data showed a reduction in the severity and frequency of treatment-associated diarrhea and the need for anti-diarrheal medication in people with cancer who took a probiotic supplement. Also, for people who had colorectal cancer surgery, probiotics used around the time of surgery (perioperatively) may have helped reduce surgical site infections and improve bowel function. But it is unclear whether probiotics can survive in the gastrointestinal tract.

Another approach that has made news recently is fecal microbiota transplantation (FMT). In FMT, fecal matter from a healthy donor is transferred into a recipient. Findings suggest that FMT helps control *Clostridium difficile* (or *C. diff*) infection, a common problem in people who receive hematopoietic stem cell transplants.

Although probiotics are generally safe, the presence of bacteria and fungi in blood have been reported when used in newborn babies, in people with diarrhea, and in adults with weakened immune systems.

ASK THE EXPERT

Eugenie Spiguel, Integrative Medicine Nurse Practitioner

This month, we are happy to introduce Eugenie Spiguel, our new integrative medicine nurse practitioner. Ms. Spiguel has been an oncology nurse for 17 years and a



Eugenie Spiguel

nurse practitioner for the past eight years. She has been interested in integrative medicine for as long as she can remember. Ms. Spiguel says, "I am a strong believer in a holistic approach to care. We need to take care of our mental, emotional, and spiritual health as well as our physical bodies. I work to integrate all of these systems for a balanced approach to wellness."

What is an alkaline diet and is it right for me?

"The alkaline diet is based on the idea that the foods you eat can change your body's acid level, also known as the pH. The theory is that if you eat more acidic foods, you make your body more acidic, and if you eat more alkaline foods, you make your body more alkaline. Fans of

the diet believe that a more alkaline body will fight or prevent certain diseases, including cancer. However, the body's pH level is very tightly controlled and cannot be changed by the food that we eat. A good rule of thumb for following a healthy diet is to focus on eating a plant-based whole-food diet that is rich in diverse fruits, vegetables, whole grains, nuts, seeds, legumes, and wild-caught fish. As a guideline, you can refer to the Mediterranean diet in our About Herbs app or on our website. This dietary approach has been shown to reduce the risk of heart disease and certain cancers. However, as always, be sure to talk with your doctor or nurse before making any major changes to your diet."

Ms. Spiguel sees patients at the Rockefeller Outpatient Pavilion (at 53rd Street) and the Evelyn H. Lauder Breast Center. To make an appointment with Ms. Spiguel or another integrative medicine provider, 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 aboutherbs@mskcc.org. We may feature your question in an upcoming issue!