

About Integrative Medicine

A Guide to Self-Care and Support | Winter 2022

CHIEF'S NOTE



*Jun Mao, MD, MSCE
Chief, Integrative Medicine Service*

Happy New Year! As we ring in 2022, we are excited to welcome you to our new space. We will continue to provide you with personalized, nurturing therapies, including private acupuncture and massage therapy, in our beautiful modern new home.

In this issue, we share information about our new space and introduce you to our two new mind-body experts, Malik Cadwell and Camila Casaw. Patient advocate Jodi MacLeod tells us about a wonderful library of on-demand interactive videos to help kids and their parents manage treatment side effects. We also explore the evidence for chamomile, and MSK fitness expert Lauren Chiarello Mika helps you get through the winter months by sharing some core strength exercises to keep you strong and active during and beyond cancer.

Be well,
Jun

Welcoming New Members of Our Mind-Body Therapy Team

By Christina Seluzicki

This fall, the Integrative Medicine Service (IMS) was delighted to welcome two new members to our team. Malik Cadwell, Coordinator/Mind-Body Instructor, and Camila Casaw, Research Music Therapist, will work with IMS at the intersection of research, clinical care, and community outreach.

Malik Cadwell, Coordinator/Mind-Body Instructor

Malik Cadwell is a grand master of martial arts with more than 43 years of experience. He combines his background in psychology and behavioral health within the frameworks of aikido and tai chi. Now, at Memorial Sloan Kettering Cancer Center, Malik shares martial arts practices for MSK's pediatric population and develops and teaches martial arts programming for adults. He is also focused on engagement with diverse communities as part of IMS research and clinical programs.

Malik says: "Becoming a part of the Integrative Medicine Service at MSK is a dream come true for me. This opportunity to join a world leader in cancer treatment and research is in honor of my sensei and my dad, who were both diagnosed with cancer in 2001. Working with underserved communities in mental health, including those dealing with substance abuse, homelessness, and incarceration, I have seen firsthand the need for therapies that help the whole person. Now, I am grateful to provide these therapies for kids and adults at MSK. My greatest hope is to share the benefits that martial arts have on mind, body, and spirit, and increase awareness of these practices for people of all ages and backgrounds."



Malik Cadwell



Camila Casaw



Camila Casaw, Research Music Therapist

Camila was born and raised in San José, Costa Rica. She became a board-certified music therapist in 2018 and completed her graduate-level music therapy internship at MSK. In her new role, Camila provides music therapy to patients and will help develop an outpatient music therapy program. She will also contribute to clinical research studies with a particular focus on Hispanic communities.

As a therapist of color, Camila is passionate about creating resource-oriented and culturally affirming spaces through the practice of music therapy and

a focus on the whole person when providing care. Camila says: “I am a believer that there is always so much to learn from the music, the connections, and the careful and intentional delivery of services when focused on the patient. I am grateful to be surrounded by expert researchers and clinicians who are dedicated to best serving our patients. In this era of technology and virtual platforms, I am also encouraged to be a part of the drive to expand our virtual services. I am excited to grow with the Integrative Medicine team as we continue to learn and reach diverse communities and settings.

New Year, New Home: Integrative Medicine Now at MSK 64th Street Outpatient Center

Providing you with the best possible care for your mind, body, and spirit throughout your cancer journey is our daily focus. At MSK Integrative Medicine, we believe that you should receive care in a setting that combines innovation and comfort.

Our outpatient therapies moved to the **MSK 64th Street Outpatient Center** on December 20, 2021. Our new address is 205 East 64th Street in Manhattan. It's a location that is more central and convenient for our patients. At our new home, you and your caregivers can schedule appointments for private acupuncture

and private massage therapy. You will continue to see the familiar faces of our Integrative Medicine specialists delivering the highest-quality patient-centered care.

In-person therapies in small groups, including yoga, tai chi, and community acupuncture, will take place at the nearby Evelyn H. Lauder Breast Center. Our popular virtual workshops and series, the Integrative Medicine at Home membership program, and telemedicine visits with our doctors and advanced practice providers are all available to you too.

Call us today at **646-449-1010** to schedule your first visit at our new location.



MSK On-Demand Video Series Helps Kids Cope with Cancer

by Jodi MacLeod



Jodi MacLeod is a patient advocate and cancer survivor who contributes to patient-centered outcomes research trials in MSK's Integrative Medicine Service. She also serves as Secretary of the Society for Integrative Oncology (SIO) and is Co-Chair of the SIO Patient Advocate Committee.

A new MSK Kids video series is helping children with cancer and their caregivers access integrative medicine wherever and whenever they need it. Developed by MSK experts, this on-demand resource provides extra support for management of common cancer symptoms and treatment side effects. Nirupa Raghunathan, MSK Director of Pediatric Integrative Oncology, says, "We want people to be able to reach for resources in any circumstance — at home, in the car, even in the waiting room."

MSK's instructors explore dance, yoga, music, and other therapies to address headaches, hand and foot pain, digestive symptoms, and poor sleep in the short videos. The response has been "overwhelmingly positive," says Rocco Caputo, an MSK touch therapist who uses rhyme in one video to talk about easing headaches and dance to help constipation in another. Yoga therapy poses such as the butterfly and baby



Rocco Caputo



Clare Patterson



otter demonstrated in the gut health video can be done seated or lying down to accommodate positional needs, and "the nature and animal elements of the poses provide a creative and playful form of expression," says MSK yoga instructor Clare Patterson.

The series offers techniques for each age group, from identifying sensory activities for soothing infants to yoga full-body relaxation practices for adolescents and young adults, and they can be used during and after treatment. Dr. Raghunathan adds, "Families say their children like being able to see the therapists that work with them in person in the on-demand videos." As children discover they can participate in their own recovery through integrative medicine practices, they are able to build self-confidence and resilience.

You can learn more about the MSK Kids On-Demand Video series [here](#).

Integrative Medicine at Home Membership Program

Start your membership online today. Visit msk.org/athome to get started.

MEMBERSHIP FEES

Monthly membership: **\$25**
Three-month membership: **\$60**
Six-month membership: **\$120**, includes one free workshop

AS A MEMBER, YOU CAN ENJOY:

- › Connecting with your cancer community
- › Staying active with guidance from MSK experts
- › Learning new skills to increase resilience and decrease stress
- › Unlimited access to daily fitness and mind-body classes
- › Dedicated website with on-demand videos to help keep you moving on your schedule
- › Discounts on our small-group workshops and mind-body series



Chamomile

by Jyothirmai Gubili

Chamomile is an aromatic herb that is native to Europe, North Africa, and Northwest Asia. It has a long history of use in traditional medicine for treating muscle spasms, menstrual disorders, insomnia, stomach disorders, pain in the muscles and joints, and hay fever.

Tea brewed from dried chamomile flower heads is consumed around the world for its relaxing effects and to promote sleep. Essential oils obtained from chamomile are used in aromatherapy and in cosmetics.

Studies done in the laboratory and in animal models indicate that chamomile can reduce inflammation, anxiety, and may prevent cancer. Clinical data suggest its benefits in alleviating chronic insomnia and generalized anxiety disorder (GAD), in affecting substantial reductions in depressive symptoms in patients with GAD and comorbid depression, and in improving biological markers of stress in people with chronic anxiety.

Studies also show the value of topical chamomile in healing peristomal skin issues in patients



who have received a colostomy. It may also relieve migraine pain, and potentially prevent serious damage to the skin from radiation therapy in patients with head and neck cancer.

For more details about chamomile, see our full article on the [About Herbs website](#).

ASK THE EXPERT

Lauren Chiarello Mika, Fitness Instructor, on Building Core Strength During Cancer



Lauren Chiarello Mika, a fitness instructor in MSK's Integrative Medicine Service, teaches Core Strength classes every week with the MSK Integrative Medicine at Home membership program. A two-time Hodgkin lymphoma survivor, Lauren brings passion, a deep sense of community, and expertise in core strength to inspire people impacted by cancer to make physical activity a part of their daily lives.

Why is exercise important?

We know that exercise is proven to elevate our mood, reduce anxiety, improve sleep and energy, and reduce side effects from cancer. As a cancer survivor myself, I understand the challenges of regaining strength during this time in our lives. Thankfully, there are many safe and gentle exercises that help you rebuild core strength.

Why is it important to strengthen our core?

Our core muscles, which include our abdominals, are like a strong, central column that connects our lower and upper body. Core muscles extend from our front into our back, to the sides of our waist, and down to our pelvic floor. Improving our core strength protects our spine, supports our posture, and improves balance (which can help in the prevention of falls).

Everyone uses their core muscles every day for essential tasks of daily living. When we carry groceries, lift our kids or grandkids, or reach up high to get something from a kitchen cabinet, we are using our core. A big part of my weekly classes and upcoming workshop with Tina Paul, Building Body Awareness with Core Strength and Yoga, focuses on being mindful of engaging the core so we can move with ease and prevent injuries.

Can working on our core help address cancer-related side effects?

Yes! With modifications and a combination of balance exercises, I help people living with chemotherapy-induced peripheral neuropathy, also known as CIPN, strengthen their core and feel more comfortable exercising. Core-strengthening exercises can also contribute to reduced fatigue, improved lymphatic flow, and better breathing.

In my classes, my goal is to offer perspective about exercise and rebuilding strength after cancer that people can relate to. As a cancer survivor, I have faced the challenge of recovering my range of motion and motivation to exercise, too. Give yourself permission to go slow. You can feel at ease knowing that our Integrative Medicine instructors will offer modifications that are right for you.

Simple Exercises to Strengthen Your Core

Pelvic Tilts

- › Lie on your back, knees bent
- › Start with a neutral spine
- › Breathe in and breathe out as you tuck your pelvis under to flatten your low back
- › Engage your pelvic floor, then release

Bridge

- › Lie on your back, knees bent
- › Pull your abdominals in
- › Breathe in and breathe out as you press through your feet to lift your hips
- › Return your hips to the ground

Bird Dog

- › Come down to the ground on your hands and knees
- › Breathe deeply in and out; hold your core in
- › Breathe in as you extend your opposite arm and leg
- › Exhale as you return your arm and leg to the starting position
- › Repeat on the other side



Single Leg Balance

- › Stand tall and engage your core
- › Hold on to a chair if needed
- › Breathe in and breathe out as you lift one leg; hold for 15 seconds
- › Repeat on the other side
- › Add more time as you can

Supine Bird Dog

- › Lie on your back
- › Take a deep breath in and out
- › Lift your legs to table top, knees above hips
- › Breathe in as you extend your opposite arm and leg
- › Exhale as you return your arm and leg to the starting position
- › Repeat on the other side

Join Lauren and MSK yoga therapist Tina Paul on January 13, 2021 for a new workshop, Building Body Awareness with Core Strength and Yoga. Check our upcoming events calendar for details.

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

Winter 2022 Online Programming



Register online today to join us for one of these upcoming virtual wellness programs. Scan the QR code with your phone to sign up online or call 646-449-1010.

COST

Series: \$125 for Integrative Medicine at Home members, \$155 regular price

Workshops: \$20 for Integrative Medicine at Home members, \$25 regular price

JANUARY

› **Workshop: Building Body Awareness with Core Strength and Yoga**

Thursday, January 13
6:00 PM to 7:15 PM

› **Series: Yoga Essentials: Focus on Balance and Relaxation**

Wednesdays, January 19 to February 23, 11:00 AM to 12:00 PM

› **Workshop: Mindful Menopausal Transition**

Tuesday, January 25
12:00 PM to 1:15 PM

FEBRUARY

› **Series: Tai Chi for Beginners**

Wednesdays, February 2 to March 9, 6:00 PM to 7:15 PM

› **Workshop: Finding Meaning Through Talk and Movement**

Saturday, February 5
12:00 PM to 1:15 PM

› **Series: Mindful Self-Compassion**

Sundays, February 6 to March 13
7:00 PM to 8:15 PM

› **Workshop: Feeling Good! Reclaiming Your Body Using Yoga and Dance**

Tuesday, February 15
6:00 PM to 7:15 PM

MARCH

› **Series: Morning Mat Yoga**

Tuesdays, March 1 to April 5
8:30 AM to 9:30 AM

› **Workshop: Massage and Movement for Lymphatic Flow**

Monday, March 7, 7:00 PM to 8:15 PM

› **Series: Barre Basics**

Tuesdays, March 22 to April 26
6:00 PM to 7:00 PM

