

About Integrative Medicine

CELEBRATING
OUR 20TH
ANNIVERSARY

A GUIDE TO SELF-CARE AND SUPPORT | FALL 2019



Jun Mao
Chief, Integrative Medicine Service

CHIEF'S NOTE

Welcome to the fall issue of the Integrative Medicine Service's newsletter. In this special issue, we are proud to celebrate the service's 20 years at MSK. We also introduce you to an acupuncture pilot study for people managing cognitive changes after cancer, explain some of the lesser known benefits of meditation in our "Ask the Expert" series, invite you to sign up for one of our fall classes, and explore soy in the About Herbs feature.

Enjoy this issue!
Jun



A pediatric dance therapy session

Celebrating New Heights: IMS Turns 20!

By Jun Mao

In 1999, MSK established its Integrative Medicine Service (IMS). On October 27 that year, founding IMS donor Laurance S. Rockefeller said, "This dedication is yet another example of Memorial's willingness to take risks and make bold moves to push care to new heights."

Since then, other leaders in cancer care across the country have joined in, offering such complementary therapies as acupuncture, massage, and yoga to people undergoing cancer treatment. In 2003, Barrie Cassileth, MSK's founding Chief of the Integrative Medicine Service, along with other pioneers in the field, formed the Society for Integrative Oncology (SIO). With nearly 500 members from around the world, the SIO has as its mission to advance evidence-based, comprehensive integrative healthcare to improve the lives of people affected by cancer. Today, both the IMS and SIO are thriving.

This year, in honor of the IMS's 20th anniversary, MSK is co-hosting the SIO's 16th International Conference in New York City. As we celebrate this milestone in integrative oncology, we reflect on the great advances we have made in research and patient care over the past two decades. More important, we look forward to a future in which we will strive to improve the physical, emotional, and spiritual well-being of people with cancer and their loved ones. Together, we will reach new heights!



A massage therapy session



A music therapy session

The SIO conference will take place October 19 to 21, 2019. You can learn more about the conference at <https://integrativeonc.org/>.

"The Integrative Medicine Service at MSK demonstrates what is possible. We have developed a full-fledged program of clinical, research, and education activities at a prestigious academic cancer center. This has inspired many people to do the same in their communities, nationally and internationally. And we are always looking forward. Instead of resting on past achievements, we want to be the leader, the innovator."

— Gary Deng, Medical Director of the Integrative Medicine Service



Memorial Sloan Kettering
Cancer Center

THE IMS AT MSK: THROUGH THE YEARS



2001
to
2003

We grow and grow!

- Awarded our first National Institutes of Health research grant
- Add acupuncture, yoga, tai chi, and group fitness classes
- Launch About Herbs, our online library about herbal supplement safety
- Begin the pediatric program with dance therapy
- Start outpatient doctor consultations



2011

Integrative medicine services expand to the Evelyn H. Lauder Breast Center.



2016

Access to acupuncture and integrative medicine clinical trials grows throughout the MSK Regional Care Network.

1999



The IMS is established through a generous gift by Laurance S. Rockefeller; the first service is inpatient massage.

2005



The Bendheim Integrative Medicine Center opens to patients.

The IMS is awarded a major NIH grant to create one of five botanical research centers in the United States.

2012



About Herbs mobile app is released.

2019



The IMS offers telemedicine visits with our nurse practitioner and doctors, and virtual group meditation classes.

Helping Cancer Survivors Find CLARITY: A New Pilot Study

By Christina Seluzicki

Following cancer treatments, many people with cancer develop difficulties with memory and concentration that negatively affect their quality of life. The Cancer-Related Cognitive Function: Acupuncture Pilot Study (CLARITY) at MSK will evaluate if acupuncture can help ease these cognitive difficulties in people who have been treated for breast, colorectal, or gynecologic cancers. Acupuncture, a part of traditional Chinese medicine, involves inserting very thin needles into specific parts of the body to promote health.

The study will take place over 16 weeks. Each participant will be chosen at random for one of three groups: real acupuncture, placebo acupuncture, or a wait-list control group. Those in the real or placebo acupuncture groups will receive treatment once a week for ten weeks. Those in the wait-list group may choose to receive ten real acupuncture treatments after completing the 16-week

study. All participants will undergo cognitive testing and complete questionnaires about their symptoms.

“After receiving cancer treatment, many people feel that their memory and concentration are not as good as before. Unfortunately, we still need more research on which treatments are the most helpful for these cognitive challenges,” says Kevin Liou, an integrative medicine doctor at MSK and co-investigator on the study. “The CLARITY study is an important first step toward determining acupuncture’s effects on cognitive function. Our findings have the potential to advance clinical care for millions of cancer survivors.”

For more information about this study, contact the research team at medclaritystudy@mskcc.org or 646-888-0812.



MSK fitness instructor Lauren Chiarello

EVENTS AND WEEKLY CLASSES

This fall, join the Integrative Medicine fitness team for a full schedule of exercise classes and mind-body workshops.

Core Strength for Young Adults

Inspired by Pilates, barre, and yoga, this class supports young people with cancer, ages 18 to 40.

Mondays, 6:30 PM to 7:30 PM
Bendheim Integrative Medicine Center

Introduction to Mindfulness Meditation — Morning Group

Start your day feeling calm and refreshed. Our small group workshop helps people who are overwhelmed by treatment and adjusting to life after a cancer diagnosis.

October 7 to November 11, 9:00 AM to 10:30 AM
Bendheim Integrative Medicine Center

Yoga for Core Strength

Learn breath awareness meditations with floor, seated, and standing yoga poses. Safely build abdominal muscles while protecting your joints and the lower back.

Mondays, 6:00 PM to 7:00 PM
Evelyn H. Lauder Breast Center

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

Special Program: Self-Care for Neuropathy

Neuropathy from chemotherapy can be painful and upsetting. It may stop you from doing activities you enjoy. Join massage therapists Jane Greene and Rocco Caputo as they share tools — such as massage, reflexology, and balance exercises — to help your neuropathy symptoms.

Tuesday, November 5, 5:30 PM to 7:00 PM
Rockefeller Research Laboratories

Registration is required. To register and for more information, call 646-888-8106 or email rlac@mskcc.org.

This event is sponsored by Resources for Life After Cancer.

ASK THE EXPERT

Shelly Latte-Naor

Recently, integrative medicine doctor Shelly Latte-Naor talked with us about some less commonly known benefits of meditation. Dr. Latte-Naor is interested in using mind-body therapies, such as meditation, to increase resilience and improve quality of life. As Director of Mind-Body Medicine, she oversees MSK’s meditation classes and workshops. These offerings, taught by certified teachers, are available both in Manhattan and as live online sessions for people with cancer and their caregivers.

What are some surprising health benefits of practicing meditation?

Nowadays it is almost common knowledge that meditation has been shown to improve stress management and emotional well-being, even specifically reducing anxiety and depression. But many people would be surprised to learn that one of the effects of mindfulness meditation is improved attention and memory. Mindfulness practices have been shown to improve test scores in college students, and there is some evidence suggesting that they may improve cognitive function in breast cancer survivors.

In addition, mindfulness meditation has been found to be helpful for people dealing with chronic pain. This is often counterintuitive for patients. Sitting in silence without distraction is not something many people think of as helpful when they are experiencing persistent pain. And yet, several studies have shown decreases in back, arthritis, and even cancer-related pain.

But you may be most surprised by my recommendation to forget all about the



Shelly Latte-Naor

potential benefits of meditation when you sit down for your practice or attend a meditation class. Meditation works best when you explore it with open curiosity rather than the idea of achieving a certain goal. Meditation is an opportunity to get to know how your mind and your emotional life relate to sensations in your body. Whatever rewards you may achieve, the experience itself is sure to surprise you.

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 abouttherbs@mskcc.org. We may feature your question in an upcoming issue!

ABOUT HERBS

Soy

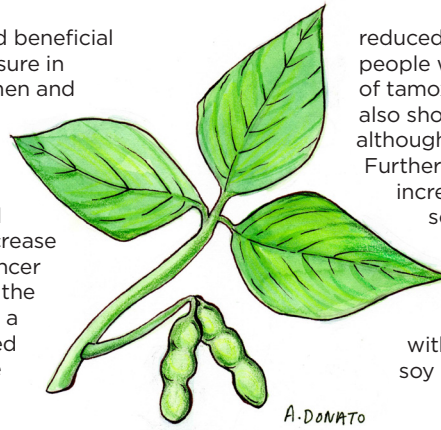
By Jyothirmai Gubili

An annual herb, soy is the world’s most important legume. It is grown for its edible pods and seeds, and is common in East Asian diets. Foods that come from soybeans — such as tofu, soy milk, miso, and soy sauce — are popular around the globe. Compounds known as isoflavones contribute to soy’s health benefits.

Soy has been researched for its effects on postmenopausal symptoms, but the evidence is uncertain. Findings on its role in slowing bone density loss are also conflicting. However, soy may benefit the heart; it was shown to reduce levels of total and LDL

cholesterol. It also had beneficial effects on blood pressure in postmenopausal women and in healthy adults.

Soy may reduce the risk of prostate, lung, and endometrial cancers, but it can increase the risk of bladder cancer and the thickening of the lining of the uterus. In a large population-based study, soy food intake was associated with



reduced mortality and recurrence in people with breast cancer, regardless of tamoxifen (Nolvadex®) use. It was also shown to prevent breast cancer, although it can have adverse effects. Furthermore, consuming soy products increased metastasis in mice, and soy supplements may cause breast cancer genes to make too many copies in people with invasive breast cancer. People with cancer should talk with their doctors before taking soy supplements.



“MSK’s IMS has been a critical contributor to the conversation about the importance of whole-person, personalized cancer care. We guide and empower our patients to address their needs through knowledge of and engagement with their own bodies and minds.”
— Paige Mullins, Massage Therapist

“As integrative medicine clinicians, we impact how to teach mind-body methods, such as martial arts and meditation, to children suffering from cancer. MSK has established a one-of-a-kind mind-body program for our pediatric patients, and I am excited to promote and educate others so that we can continue to support children who are struggling with cancer.”
— Robin Hardbattle, Martial Arts and Meditation Instructor



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