

About Integrative Medicine

A GUIDE TO SELF-CARE AND SUPPORT | SPRING 2019



Jun Mao, MD, MSCE
Chief, Integrative Medicine Service

CHIEF'S NOTE

Welcome to the spring issue of the Integrative Medicine Service newsletter. This month, we discuss new pediatric integrative medicine research findings and the expansion of our Pediatric Integrative Medicine Program; announce our expanded yoga offerings; explore acupuncture in our "Ask the Expert" series; share information about upcoming events; and learn about graviola in the About Herbs feature.

Enjoy this issue!
Jun

Use of Integrative Therapies Differs by Age for Children and Teens with Cancer

By Christina Seluzicki

New research from MSK, recently published in *Pediatric Blood & Cancer*, found that children and teens use different integrative therapies depending on their age. This finding emphasizes the importance of providing many types of supportive treatments. Young people with cancer need to access therapies that are appropriate and effective for their stage of life.

Clinicians in the Integrative Medicine Service attend to the unique needs of children and teens. We offer a wide range of therapies and group activities to address the physical and emotional side effects of cancer treatment.

Massage therapy: Our massage therapists use a gentle approach to care for infants, children, and teens. We modify traditional massage techniques to help improve physical functioning and manage pain, muscle tension, and fatigue. Massage therapy can improve insomnia and decrease anxiety, stress, and depression while aiding in the healing process.

Dance/movement therapy. This psychotherapy can benefit patients as well as siblings, parents, and caregivers. Our dance/movement therapists combine music, breathing activities, and the sense of touch and smell with dance and movement. We create a safe space that is personalized to each family's needs.

Music therapy: Our music therapists play and teach a variety of instruments to help ease fear and anxiety, enhance creative expression, manage symptoms, and promote relaxation and comfort. Children can play instruments, write and sing songs, and listen to music in one-on-one or group sessions.

Mind-body therapies: Children and young adults learn tai chi, yoga, guided imagery, and meditation. These relaxation techniques help them manage such symptoms as nausea, headaches, insomnia, and stress. Mind-body therapies enhance coping skills and improve overall quality of life. Free

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Join Eugenie Spiguel on April 30 for "What Is in Your Supplements?"

Many people take vitamins and over-the-counter dietary supplements to support their overall wellness goals. When shopping for and using supplements, it is important to know about the active and inactive ingredients in these products.



Eugenie Spiguel

Join Eugenie Spiguel, our Nurse Practitioner as she reviews dietary supplements and herbs that are popular with cancer survivors and clears up common misunderstandings.

Date and Time

Tuesday, April 30, 5:30 PM to 7:30 PM

Location

Rockefeller Research Laboratories
430 East 67th Street, Room RRL-101

This program is sponsored by Resources for Life After Cancer. You must register to attend. To register and for more information, call 646-888-4740 or email RLAC@mskcc.org.

Yoga Program Coming to MSK Commack

By Lauren DeMarzo

Practicing yoga can help people with cancer improve their sleep, stress level, mood, and overall daily health. Even with these known benefits, starting a regular yoga practice can be challenging. Finding a convenient time and location, as well as an instructor who has experience working with people with cancer, can make it hard to participate.

Improving access to mind-body movement therapies is key to helping people with cancer include yoga in their daily routines. In the next few months, the Integrative Medicine Service will be expanding its reach by partnering with local yoga studios in the MSK regional network.

Starting this spring, MSK Commack will begin hosting free weekly information sessions and chair yoga classes for people with cancer and their caregivers. Attendees will meet our yoga partners, learn about the benefits of yoga, and have the opportunity to try it.

"I have been waiting for these [integrative] services since I began treatment in 2015 at MSK Commack," says one patient. "I believe that it is very important to combine these



treatments with medical treatments for a positive outcome."

With plans to partner with local yoga studios near all MSK regional sites by the end of 2019, we will be able to better serve our patients who live outside of Manhattan. Stay tuned for more details as we roll out this exciting new program!

To be notified about yoga programs in the MSK Regional Network, email Janice DeRito, Project Coordinator, at deritaj@mskcc.org.



Memorial Sloan Kettering
Cancer Center

Use of Integrative Therapies

meditation recordings are also available on the MSK TYA mobile app, as well as on our website.

Acupuncture: This safe and effective therapy can help children and teens control and improve the side effects of chemotherapy, radiation, and surgery. Research shows that acupuncture may be useful for treating such symptoms as pain, fatigue, insomnia, and nausea and vomiting.

Doctor consultations: MSK recently launched an integrative oncology consult service for children and teens being treated for cancer as well as young people entering survivorship. Its goal is to provide more personalized support and guidance for including integrative therapies in a child's cancer care plan. Nirupa Raghunathan, a doctor with a background in pediatrics and integrative health, is leading this expanded service at the Pediatric Ambulatory Care Center. "Integrative medicine has so much to offer children and teens touched by cancer," Dr. Raghunathan says. "MSK is dedicated to providing integrative therapies that are appropriate for

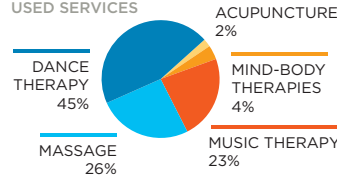
20,000+
inpatient pediatric
integrative medicine
visits in eight years.

1,877
children and teens
were cared for
between 2008
and 2016.



5 inpatient
therapies
are available
to children
and their
families.

MOST FREQUENTLY
USED SERVICES



Depending on their age, children and young adults used different therapies.



Teens ages 13 to 15 used massage and mind-body approaches.



Kids ages 5 to 8 used music and dance therapy.

Young adults used acupuncture.

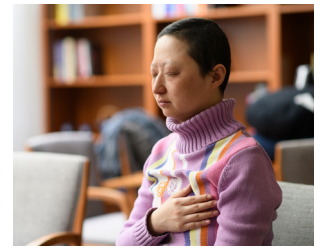
Yun H, Romero SAD, Record B, Kearney J, Raghunathan NJ, Sands S, Mao JJ. Utilization of integrative medicine differs by age among pediatric oncology patients. *Pediatr Blood Cancer*. 2019:e27639 [Epub ahead of print].

every child's developmental stage, as well as providing support to families."

To schedule a pediatric integrative oncology consult, call 646-888-0845.

Introduction to Mindfulness Meditation Starts April 11

Learn the basics and feel the benefits of mindfulness meditation in this small group workshop. In six classes, a certified mindfulness teacher will help you work with your breath to become more aware of your body, surroundings, and reactions to stress.



Dates and Times

April 11 and 18, and May 2, 9, 16 and 23
9:00 AM to 10:30 AM

Location

Evelyn H. Lauder Breast Center
300 East 67th Street, Second floor
seminar room

Fee

\$180 for six classes of personalized instruction with a certified meditation instructor, exclusive audio recordings, a workbook, and a mindfulness journal

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

ASK THE EXPERT

Matthew Weitzman

As part of our ongoing "Ask the Expert" series, we talked with Matthew Weitzman, lead acupuncturist in MSK's Integrative Medicine Service. Acupuncture is a traditional Chinese medicine treatment. It is performed by applying very thin needles to certain points on the body. "I love how this approach provides a different lens with which to view the body. It provides clinicians with a road map to effective treatments for people with cancer," says Mr. Weitzman. Research has shown that acupuncture can reduce some side effects of cancer and cancer treatment, such as chronic pain, nausea and vomiting, insomnia, and hot flashes. Mr. Weitzman commonly hears this question from people with cancer before their first treatment:

Once I begin acupuncture, how long will it take to see an improvement in my symptoms, and how long will the benefits last?

"People respond to acupuncture in different ways. Some notice an improvement in their symptoms almost immediately. However, more commonly, the effect is gradual and builds over the course of a series of weekly sessions. Most people who respond see results within six sessions. We tell people that, for most conditions, if we do not see a significant improvement within six sessions, it is unlikely that acupuncture will be helpful for that particular issue. We then encourage them to try another solution. For people who do respond, there is great variability with how long the effects last.



Matthew Weitzman

We know from clinical experience and research that improvements made during acupuncture can be maintained more than six months after stopping acupuncture. We regularly see this, whether related to pain, hot flashes, or neuropathy. For others, acupuncture may provide a more temporary break from symptoms. Responses may last anywhere from a few hours after treatment to one or two weeks. Once we know how someone's symptoms are responding to acupuncture, we devise a personalized plan to help each patient achieve their health goals."

Matthew Weitzman provides acupuncture at MSK Westchester, MSK Commack, the Bendheim Integrative Medicine Center, and Memorial Hospital. To make an appointment with Mr. Weitzman or another acupuncturist, or to schedule a free 15-minute acupuncture consultation, call 646-888-0800.

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

ABOUT HERBS

Graviola

By Jyothirmai Gubili

Graviola (also known as soursop) is a fruit-bearing tree that is widespread in the rain forests of Africa, South America, and Southeast Asia. The fruit is commonly consumed as food.



The tree's leaves and stems are used in traditional medicine in many African and South American countries to reduce inflammation and treat infections. In a 2016 survey, graviola was reported to be the most popular herbal remedy used by people with cancer in some Caribbean countries.

In experiments in mice, researchers have found that compounds isolated from different parts of the tree reduced inflammation, acted as antioxidants, treated parasitic diseases, lowered blood glucose levels, and prevented cancer. Findings also suggest that graviola may cause neurons to not function normally, leading to symptoms that are similar to Parkinson's disease. Long-term consumption may speed up neurodegenerative diseases. Graviola can also lower platelet counts, which makes it more difficult for blood to clot, and may interfere with nuclear imaging tests.

Studies on graviola have not been conducted in humans. Despite the lack of supportive evidence, graviola supplements are widely promoted as an alternative cancer therapy.