Integrative Medicine Program’s

7th Annual Oncology Training Conference for Acupuncturists, Massage Therapists, and Yoga Teachers

The University of Texas MD Anderson Cancer Center
8th Floor Conference Center, Cancer Prevention Building
1155 Pressler Street, Houston, Texas

July 27-29, 2011
Goal

Persons touched by cancer may enhance their quality of life through the safe and effective delivery of acupuncture, massage, and yoga which complement conventional cancer treatments with a focus on physical, mind-spirit, and social well-being. These treatment modalities can be successfully and safely integrated with conventional medical care when delivered by trained professionals to improve outcomes for cancer patients.

Purpose

This course will provide licensed acupuncturists, licensed massage therapists, and trained yoga teachers an overview of evidence-based practice in cancer care. Topics of recent research findings, recommendations for treating common side-effects, ethical issues, safety issues and case presentations will be presented.

Target Audience

This program should be of interest to licensed acupuncturists, licensed massage therapists, and yoga teachers.

Educational Methods

Lectures, Question-and-Answer Sessions, Panel Discussions, Demonstrations
Educational Objectives

**Upon completion of this course licensed acupuncturists should be able to:**

- Explain Complementary and Integrative Medicine and its role in patients with cancer.
- Discuss psychosocial issues common to patients undergoing cancer treatment.
- Discuss communication techniques for interacting with other healthcare professionals.
- Discuss five oncology treatments and five side effects.
- Explain the benefits, indications, precautions, and contraindications of acupuncture for the oncology patient.
- Discuss recent research findings related to the use of acupuncture in cancer care.
- Explain how to develop safe, evidence-based treatment plans for common side-effects of cancer therapy.
- Discuss ethical concerns related to acupuncture treatment when caring for cancer patients.
- Discuss safety issues related to the use of herbs among cancer patients.
- Discuss two key points regarding acupuncture and healthcare reform.

**Upon completion of this course licensed yoga teachers should be able to:**

- Explain Complementary and Integrative Medicine and its role in patients with cancer.
- Discuss psychosocial issues common to patients undergoing cancer treatment.
- Discuss communication techniques for interacting with other healthcare professionals.
- Discuss five oncology treatments and five side effects.
- Explain the benefits, indications, precautions, and contraindications of yoga for the oncology patient.
- Discuss recent research findings related to the use of yoga in cancer care.
- Explain how to develop safe, evidence-based treatment plans for common side-effects of cancer therapy.
- Discuss ethical concerns when teaching yoga to cancer patients in groups and individual sessions.
- Describe yoga practice modifications for the client with lymphedema or at risk for lymphedema.
- Discuss the role spirituality plays in coping with cancer.
- Discuss four Asian nutrition and lifestyle traditions that support well-being.

**Upon completion of this course licensed massage therapists should be able to:**

- Explain Complementary and Integrative Medicine and its role in patients with cancer.
- Discuss psychosocial issues common to patients undergoing cancer treatment.
- Discuss communication techniques for interacting with other healthcare professionals.
- Discuss five oncology treatments and five side effects.
- Explain the benefits, indications, precautions, and contraindications of massage for the oncology patient.
- Discuss recent research findings related to the use of massage in cancer care.
- Explain how to develop safe, evidence-based treatment plans for common side-effects of cancer treatment.
- Discuss and dispel the issues raised by the traditional massage contraindication for cancer.
- Describe common massage adjustments for surgery, radiation and chemotherapy.
- Perform an assessment for massage and formulate a treatment plan for a client with cancer.
- Perform medical charting and documentation.
Evaluation
A course evaluation form will provide participants with the opportunity to comment on the value of the program content to their practice decisions, performance improvement activities, or possible impact on patient health status. Participants will also have the opportunity to comment on any perceived commercial bias in the presentations as well as to identify future educational topics.

Accreditation/Credit Designation

Licensed Acupuncturists
This course has been planned and implemented in accordance with the policies of the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®).
The University of Texas MD Anderson Cancer Center is approved by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM®) (Provider # 991) to provide continuing acupuncture education for licensed acupuncturists.

Licensed Massage Therapists
This course has been planned and implemented in accordance with the policies of the Texas Department of State Health Services (TDSHS) and National Certification Board for Therapeutic Massage and Bodywork (NCTMB).
The University of Texas MD Anderson Cancer Center is approved by the Texas Department of State Health Services (license #CE1056) and by the National Certification Board for Therapeutic Massage and Bodywork (NCTMB license #450586-08) to provide continuing massage therapy education for licensed massage therapists.

MD Anderson designates this live activity for 19.5 hours of massage therapy continuing education as authorized by the Texas Department of State Health Services and the National Certification Board for Therapeutic Massage and Bodywork.

Satisfactory completion: Attendees securing continuing education credits must attend all sessions and complete an evaluation form in order to receive a certificate of completion. These certificates will be mailed after the conference. Partial credit of individual sessions is not available.

Wednesday, July 27, 2011

Registration and Breakfast
Welcome and Course Overview
Lorenzo Cohen, PhD; and Ronald Walters, MD
Welcoming Meditation
Lorenzo Cohen, PhD
Cancer 101
Richard T. Lee, MD
Common Side Effects of Cancer Treatments
Akhila Reddy, MD
Complications in Advanced Cancer Patients
Ki Shin, MD
Break
Secondary Lymphedema
Jack Fu, MD
A Novel Method for Imaging the Lymphatic System
Hiroo Suami, MD, PhD
Dermatology Issues in Cancer Patients
TBD
Lunch (provided)
Radiation Oncology
Zhongxing Liao, MD
Communicating with Medical Staff
Daniel Epner, MD
The Role of Integrative Medicine in Comprehensive Cancer Care
Richard T. Lee, MD
Break
Psychosocial Issues in Cancer Care
Mary Hughes, RN, CNS, CT
Research 101
Lorenzo Cohen, PhD
Adjourn
Acupuncturists – Agenda

Thursday, July 28, 2011

7:00 am
Breakfast

8:00
Overview of the Day
Welcoming Meditation
Richard T. Lee, MD

8:15
Modern Acupuncture
Richard T. Lee, MD

9:00
Ethical Issues in Integrative Medicine
Colleen M. Gallagher, PhD

10:00
Break

10:20
Research Design Issues
Lorenzo Cohen, PhD

11:05
Safety Issues
Richard T. Lee, MD

11:45
Lunch (provided)

1:00 pm
Acupuncture for Pain Control in Cancer Patients
Kay Garcia, DrPH, MSN, LAc

1:45
Acupuncture for GI Side Effects in Cancer Patients – Part I
Richard T. Lee, MD

2:20
Nausea/Vomiting, Diarrhea/Constipation, Loss of Appetite
Pathophysiology and Proposed Mechanisms
What’s the evidence?
Recommendations and Treatment Planning

3:20
Acupuncture for GI Side Effects in Cancer Patients – Part II
Kay Garcia, DrPH, MSN, LAc

4:00
Xerostomia, Mucositis, Postoperative Ileus
Pathophysiology and Proposed Mechanisms
What’s the evidence?
Recommendations and Treatment Planning

4:20 pm
Adjourn

Friday, July 29, 2011

7:00 am
Breakfast

8:00
Overview of the Day
Welcoming Meditation
Kay Garcia, DrPH, MSN, LAc

8:15
Acupuncture for Other Side Effects in Cancer Patients
Kay Garcia, DrPH, MSN, LAc

8:45
Hot Flashes, Fatigue, Other Symptoms
Pathophysiology and Proposed Mechanisms
What’s the evidence?
Recommendations and Treatment Planning

9:15
Quality/Safety/Interaction Issues – Herbs are Drugs!
Judith Ann Smith, PharmD

10:15
Break

10:45
Huachansu and Other Studies of Chinese Herbs in Cancer Care
Peiying Yang, PhD

11:45
Lunch (provided)

1:00 pm
Where does Acupuncture Fit in Healthcare Reform?
Ronald Walters, MD

1:45
Panel Discussion
Lorenzo Cohen, PhD; Kay Garcia, DrPH, MSN, LAc; Richard T. Lee, MD; and Peiying Yang, PhD

2:00
Break

2:20
Laughter Yoga
Stephen M. Findley, MS, MDIV

3:00
Closing Remarks
Lorenzo Cohen, PhD; and Richard T. Lee, MD

4:00 pm
Adjourn
### Thursday, July 28, 2011

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Speakers</th>
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<tbody>
<tr>
<td>7:00 am</td>
<td>Breakfast</td>
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<td>8:00</td>
<td><strong>Overview of the Day</strong></td>
<td>Sat-Siri Sumler, LMT, NCTMB, RYT, MTI</td>
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<tr>
<td>8:15</td>
<td><strong>Heart and Mind of Oncology Massage</strong></td>
<td>Sat-Siri Sumler, LMT, NCTMB, RYT, MTI</td>
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<tr>
<td>8:35</td>
<td><strong>Head and Neck Lymphedema</strong></td>
<td>Brad Smith, MS, CCC-SLP, CLT</td>
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<tr>
<td>9:05</td>
<td><strong>Understanding Lymphedema for Oncological Massage Therapists</strong></td>
<td>Sarah Cleveland, PT, CLT-LANA, LMT</td>
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<td>9:45</td>
<td><strong>Hospital Setting, Medical Devices, Caregivers</strong></td>
<td>Curtiss Beinhorn, LMT, NCTMB, MTI</td>
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<td>10:25</td>
<td>Break</td>
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<tr>
<td>10:45</td>
<td><strong>Precautions, DVT, Contraindications</strong></td>
<td>Sat-Siri Sumler, LMT, NCTMB, RYT, MTI</td>
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<td>11:25</td>
<td><strong>Palpation</strong></td>
<td>Sat-Siri Sumler, LMT, NCTMB, RYT, MTI</td>
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<td>11:45</td>
<td>Lunch (provided)</td>
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<td>1:00 pm</td>
<td><strong>Five Levels of Touch</strong></td>
<td>Curtiss Beinhorn, LMT, NCTMB, MTI</td>
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<td>1:30</td>
<td><strong>Clinical Considerations – CIPN</strong></td>
<td>Curtiss Beinhorn, LMT, NCTMB, MTI</td>
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<td><strong>Clinical Considerations – Part I</strong></td>
<td>Curtiss Beinhorn, LMT, NCTMB, MTI</td>
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<td>2:40</td>
<td>Break</td>
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<tr>
<td>3:00</td>
<td><strong>Clinical Considerations – Part II</strong></td>
<td>Sat-Siri Sumler, LMT, NCTMB, RYT, MTI</td>
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<tr>
<td>3:30</td>
<td><strong>Guided Treatments</strong></td>
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<td><strong>Medicines and Massage</strong></td>
<td>Wendy Smith, PharmD</td>
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<td>9:00</td>
<td><strong>Recent Research: Massage</strong></td>
<td>Lorenzo Cohen, PhD</td>
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<td>9:45</td>
<td><strong>Communication with Clients - Intake and On/Off Table</strong></td>
<td>Curtiss Beinhorn, LMT, NCTMB, RYT, MTI</td>
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<tr>
<td>10:25</td>
<td>Break</td>
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<td>10:45</td>
<td><strong>Student Case Studies – Small Group Discussion</strong></td>
<td>Sat-Siri Sumler, LMT, NCTMB, RYT, MTI</td>
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Yoga Teachers–Agenda

Thursday, July 28, 2011

7:00 am  Breakfast
8:00  Overview of the Day
Evidence-Based Yoga
Welcoming Meditation
Alejandro Chaoul, PhD

8:25  Panel Discussion: Guidelines for Safety, Precautions and Contraindications
Moderator: Marisse Farnos, MA, PhD
Panel: Robert Boustany, MS; Ying Guo, MD; and Lauro Munoz, MS, OTR

9:45  Breathing Practice
Robert Boustany, MS

10:00  Break

10:15  Panel Discussion: Ethics of Yoga in Cancer Care
Moderator: Alejandro Chaoul, PhD
Panel: Colleen M. Gallagher, PhD; Rebecca B. Lunstroth, JD, MA; and Debbie Mills, LMT

11:45  Lunch (provided)

1:00 pm  Yoga Research Today
Lorenzo Cohen, PhD

1:30  Vivekananda Yoga Anusandhana Samsthana (VYASA) Model for Cancer Care
Smitha Gowdanakatte Malliaiah

2:00  Break

2:20  Asana: Issues Addressed: Flexibility/Mobility, Pain, Buffering Side Effects
Robert Boustany, MS

2:50  Asana Practice
Jennifer Buergermeister, MA, RYT, C Ht.

3:05  Patanjali Yogpeeth (PYP) Model for Cancer Care
Shekhar Agrawal

3:35  Pranayam: Issues Addressed: Breathing and Lung Expansion, Stress Management, Sleep Disturbances, Hot Flashes
Debbie Mills, LMT

4:05  Pranayam Practice
Marisse Farnos, MA, PhD

4:20 pm  Adjourn

Friday, July 29, 2011

7:00 am  Breakfast
8:00  Overview of the Day
Welcoming Meditation
Alejandro Chaoul, PhD

8:15  Panel Discussion: Spirituality
Moderator: Robert Boustany, MS
Panel: Jennifer Buergermeister, MA, RYT, C Ht.; and Debbie Mills, LMT

9:00  Meditation Talk
Alejandro Chaoul, PhD

9:40  Meditation Practice
Alejandro Chaoul, PhD

10:10  Break

10:30  Nutrition and Other Lifestyle Indications from Asian Traditions that Support Well-being
Sucheta Shah, MD, LAc

11:15  How to Wake Up Practice
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

11:45  Lunch (provided)

1:00 pm  Patient Panel: Testimonies and Discussion
Moderator: Alejandro Chaoul, PhD
Panel: Robert Boustany, MS; Suzy Shapiro, BA; and Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

1:45  Closing Remarks
Alejandro Chaoul, PhD

2:30  Break

3:00  Laughter Yoga
Stephen M. Findley, MS, MDIV

3:30  Closing Remarks
Lorenzo Cohen, PhD; and Richard T. Lee, MD

4:00  Adjourn
MD Anderson Speakers

Curtiss Beinhorn, LMT, NCTMB, MTI
Massage Therapist
Integrative Medicine

Alejandro Chaoul, PhD
Adjunct Assistant Professor
General Oncology
Assistant Professor
McGovern Center for Humanities and Ethics
The University of Texas Health Science Center at Houston

Sarah Cleveland, PT, CLT-LANA, LMT
Senior Physical Therapist
Rehabilitation Services

Lorenzo Cohen, PhD
Professor, General Oncology
Program Director
Integrative Medicine

Daniel Epner, MD
Associate Professor
General Oncology

Stephen M. Findley, MS, MDIV
Chaplain II
Chaplaincy and Pastoral Education

Jack Fu, MD
Assistant Professor
Rehabilitation Medicine

Colleen M. Gallagher, PhD
Executive Director
Clinical Ethics

Kay Garcia, DrPH, MSN, LAc
Acupuncturist
Integrative Medicine

Ying Guo, MD
Associate Professor
Rehabilitation Medicine

Mary Hughes, RN, CNS, CT
Advanced Practice Nurse
Psychiatry

Richard T. Lee, MD
Assistant Professor
General Oncology
Medical Director
Integrative Medicine

Zhongxing Liao, MD
Professor
Radiation Oncology

Smitha Gowdanakatte Mallaiah
Mind/Body Intervention Specialist
Integrative Medicine Program

Lauro Munoz, MS, OTR
Supervisor
Occupational Therapy

Akila Reddy, MD
Assistant Professor
Palliative Care and Rehabilitation Medicine

Ki Shin, MD
Associate Professor
Palliative Care and Rehabilitation Medicine

Brad Smith, MS, CCC-SLP, CLT
Speech & Language Pathologist
Head & Neck Center

Judith Ann Smith, PharmD
Associate Professor
Gynecologic Oncology Research

Wendy Smith, PharmD
Manager, Clinical Pharmacy Services
Pharmacy Clinical Programs

Hiroo Suami, MD, PhD
Assistant Professor
Plastic Surgery – Research

Sat-Siri Sumler, LMT, NCTMB, RYT, MTI
Massage Therapist
Integrative Medicine

Ronald Walters, MD
Associate Vice President
Medical Operations and Informatics
Professor of Clinical Medicine
Breast Medical Oncology
Medical Director
Managed Care Programs

Pelying Yang, PhD
Assistant Professor
General Oncology

Guest Speakers

Shekhar Agrawal
Trustee and President of Patanjali Yogpeeth (USA) Trust
Patanjali Yogpeeth Yoga Instructor
Houston, Texas

Robert Boustany, MS
Physicist and Yoga Instructor
Houston, Texas

Jennifer Buergermeister, MA, RYT, C Ht.
Founder and President/Executive Director
Jennyoga & Cura Yoga
Yoga Facilitator, Integrative Medicine Center
The University of Texas MD Anderson Cancer Center
Houston, Texas

Marisse Farnos, MA, PhD
Senior Organizational Development Consultant
The Methodist Hospital System
Houston, Texas

Rebecca B. Lunstroth, JD, MA
Assistant Director and Instructor
The McGovern Center for Humanities and Ethics
The University of Texas Health Science Center at Houston
Houston, Texas

Debbie Mills, LMT
Yoga Therapist and Teacher
Owner, Lotus Center for Yoga and the Healing Arts
Houston, Texas

Sucheta Shah, MD, LAc
Houston, Texas

Suzy Shapiro, BA
Iyenger Yoga Teacher Certification
Houston, Texas
Agendas are subject to change because we are always striving to improve the quality of your educational experience. MD Anderson may substitute faculty with comparable expertise on rare occasions necessitated by illness, scheduling conflicts, and so forth.

Photographing, audio taping and videotaping are prohibited.

Please let us know what specific topics, issues or questions you wish to see addressed or emphasized in this activity. Fax or e-mail this material to CME/Conference Management. All responses will be forwarded to the Program Chairs for consideration.

Registration Information

Onsite registration opens at 7:00 am on Wednesday, July 27, 2011 in the foyer outside the Conference Center, on the eighth floor of the Cancer Prevention Building, 1155 Pressler Street, Houston, Texas. The conference will begin at 8:00 am on Wednesday, July 27, 2011 and adjourn at 4:30 pm on Friday, July 29, 2011.

Advance registration is encouraged as space and materials are limited. Please see the registration form for applicable fees.

The deadline for advance registration is Wednesday, July 6, 2011.

- **Acupuncturists** and massage therapists must submit a copy of their license along with their registration form.
- **Yoga teachers** must submit a brief history of their training and background along with their registration form.

There are three ways to register:

- Mail to the Department of CME/Conference Management, Unit 1381, The University of Texas MD Anderson Cancer Center, PO Box 301439, Houston, Texas 77230-1439
- Fax to 713-794-1724
- Online at www.mdanderson.org/conferences

We accept the following forms of payment:

- Check (payable through US banks only)
- Money Order
- Credit Cards (MasterCard, VISA, and American Express)
- Cash (accepted at on-site registration only)

If you register online, a receipt/confirmation letter will be automatically e-mailed to the e-mail address you provide on the registration form. If you register by fax or mail, a receipt/confirmation letter will be sent to you within ten working days of receipt of your fee.

The conference registration fee includes tuition, final conference program, breakfasts, lunches, and breaks. Please refer to the registration form for specific information regarding fees.

Refund/Cancellation Policy

The registration fee, minus a $50 administrative handling fee, is refundable if a written request is received on or before July 6, 2011. No refunds will be granted after that date. The request for a registration refund must include the tax identification number of the company or institution if registration was paid by a company or institution check. Although no refunds will be granted after July 6, 2011, you may transfer your registration to a colleague. For additional information, contact CME/Conference Management at 713-792-2223 or toll free at 866-849-5866.

The Department of CME/Conference Management reserves the right to cancel activities prior to the scheduled date if low enrollment or other circumstances make it necessary. Each registrant will be notified by mail, e-mail, or at the phone or fax numbers given on the registration form.

In case of activity cancellation, the liability of the Department of CME/Conference Management is limited to the registration fee. CME/Conference Management will refund the full registration fee. The Department of CME/Conference Management reserves the right to limit the number of participants in a program and is not responsible for any expenses incurred by an individual whose registration is not confirmed and for whom space is not available.
Special Assistance
Contact the Department of CME/Conference Management at 713-792-2223 or toll free at 866-849-5866 if you have any special dietary or ADA accommodation needs.

Accommodations
- A block of rooms has been reserved for conference attendees at the Hilton Houston Plaza/Medical Center Hotel, 6633 Travis Street, Houston, Texas 77030.
- Early hotel reservation is suggested.
- The hotel phone number is 713-313-4000 and the fax number is 713-313-4660.
- When you make reservations, please be sure to mention the Integrative Medicine Program’s 7th Annual Oncology Training Conference to be assured of receiving the meeting rate of $119 king or double suite occupancy. Please add 17% (Texas) state and local taxes.
- The deadline to receive the special rate is July 6, 2011, unless the room block has already been filled.

Air Travel
MD Anderson has a program with Continental Airlines for discounted air travel. For discounts, call your travel professional or Continental’s MeetingWorks toll free at 800-468-7022. Outside of the United States, please call your local Continental Airlines Reservation Office. Mention Z code: ZJMD and Agreement Code: 325945.

Ground Transportation
(prices are subject to change and variable depending on location of conference)
- Houston is served by two airports, George Bush Intercontinental (IAH) and William P. Hobby (HOU).
- Taxicabs are available at an estimated cost of $50-$60 to or from William P. Hobby Airport or George Bush Intercontinental Airport.
- SuperShuttle operates a shuttle bus between George Bush Intercontinental Airport and the Hilton Houston Plaza/Medical Center Hotel for $27 one-way and $54 round-trip. For more information, call 713-523-8888 or toll free at 800-258-3826, or online at www.supershuttle.com.
- SuperShuttle operates a shuttle bus between William P. Hobby Airport and the Hilton Houston Plaza/Medical Center Hotel for $24 one-way and $48 round-trip. For more information, call 713-523-8888 or toll-free at 800-258-3826, or online at www.supershuttle.com.