

In Harmony – Winter '08

The Cancer Integrative Medicine Program newsletter for RUSH cancer patients, their family members, and health care team

Rush University Medical Center
Cancer Integrative Medicine Program
1725 W. Harrison Street - Suite 950
Chicago, IL 60612
Phone: 312-563-2531

YOGA @ RUSH

BY ANJALI SHAH, RYT

"YOGA IS A LIGHT, WHICH ONCE LIT WILL NEVER DIM. THE BETTER YOUR PRACTICE, THE BRIGHTER YOUR FLAME."

B.K.S IYENGAR



AT THE CANCER INTEGRATIVE MEDICINE PROGRAM AT RUSH UNIVERSITY MEDICAL CENTER, WE BELIEVE IN THE IMPORTANCE OF HEALING THE WHOLE PERSON – IN MIND, BODY, AND SPIRIT. THE MIND-BODY CONNECTION IS ESPECIALLY IMPORTANT DURING CANCER TREATMENT, TO HELP PATIENTS REGAIN A SENSE OF WELL-BEING AND TO PROMOTE HEALING. COMPLEMENTARY THERAPIES CAN ENHANCE TRADITIONAL CANCER TREATMENTS BY REDUCING THE MENTAL AND PHYSICAL STRESSES THAT OFTEN ACCOMPANY THEM.

CALL US AT 312-563-2531 TO LEARN HOW OUR COMMITTED, COMPASSIONATE PROVIDERS CAN HELP YOU.

THE PHILOSOPHY AND PRACTICE OF YOGA HAS GAINED TREMENDOUS RECOGNITION IN RECENT YEARS. YOGA ASPIRES TO RESTORE THE MIND AND REJUVENATE THE BODY THROUGH GENTLE POSTURES AND BREATH CONTROL.

THE PHYSICAL PRACTICE OF YOGA INCLUDES POSTURES (AKA "ASANAS"). THE POSTURES ARE INTENDED TO HELP INCREASE FLEXIBILITY, IMPROVE POSTURE, AND TONE MUSCLES. IN FACT, ACCORDING TO A REPORT BY THE NATIONAL INSTITUTES OF HEALTH, THERE IS EVIDENCE THAT SUGGEST YOGA MAY BE BENEFICIAL WHEN PRACTICED ALONG WITH CONVENTIONAL MEDICAL TREATMENT TO HELP RELIEVE SYMPTOMS ASSOCIATED WITH CANCER, ASTHMA, DIABETES, HIGH BLOOD PRESSURE, STRESS, ANXIETY, DEPRESSION, AND FATIGUE. WHEN BREATH CONTROL (AKA - PRANAYAMA), MEDITATION, AND RELAXATION ARE INCORPORATED INTO YOGA, PARTICIPANTS MAY ALSO BENEFIT FROM IMPROVED CONCENTRATION, CLARITY OF MIND, AND STRESS REDUCTION.

THE CANCER INTEGRATIVE MEDICINE PROGRAM IS PLEASED TO OFFER YOGA TO PARTICIPANTS FOR \$15.00 / SESSION.

ALL YOGA SESSIONS ARE TAILORED TO MEET THE NEEDS OF EACH INDIVIDUAL AND PROVIDED BY A CERTIFIED YOGA INSTRUCTOR. YOGA PHILOSOPHY ENCOURAGES ALL TO

CANCER INTEGRATIVE MEDICINE PROGRAM

THE PATH TO HEALING

OUR PROGRAM IS COMMITTED TO PROVIDING PATIENTS WITH A VARIETY OF INTEGRATIVE THERAPIES THAT ADDRESS THEIR UNIQUE NEEDS DURING ALL STAGES OF CANCER CARE – FROM DIAGNOSIS TO TREATMENT AND BEYOND. SOME OF THE BENEFITS OF INTEGRATIVE THERAPIES INCLUDE RELIEVING STRESS; EASING MUSCLE TENSION AND PAIN; REDUCING ANXIETY AND DEPRESSION; DECREASING NAUSEA / VOMITING; AND INCREASING ENERGY AND WELL-BEING.

OUR TEAM WILL WORK WITH YOU TO HELP DETERMINE WHICH OF THE FOLLOWING SERVICES MAY BE MOST BENEFICIAL TO YOUR HEALING PROCESS: ACUPUNCTURE, BIOFEEDBACK, GUIDED IMAGERY, HERBAL COUNSELING, INDIVIDUAL COUNSELING, MASSAGE THERAPY, MEDICAL HYPNOSIS, NUTRITIONAL COUNSELING, AND YOGA.

RUSH UNIVERSITY MEDICAL CENTER CANCER INTEGRATIVE MEDICINE PROGRAM

BIOFEEDBACK: USE YOUR MIND TO IMPROVE YOUR HEALTH **BY JANINE E. GAUTHIER, PhD** **CLINICAL HEALTH PSYCHOLOGIST**

WHAT IS BIOFEEDBACK? BIOFEEDBACK FALLS IN THE CATEGORY OF MIND-BODY MEDICINE. MIND BODY MEDICINE FOCUSES ON THE INTERACTIONS AMONG THE BRAIN, MIND, BODY AND BEHAVIOR; AND ON THE POWERFUL WAYS IN WHICH EMOTIONAL, MENTAL, SOCIAL, SPIRITUAL, AND BEHAVIORAL FACTORS CAN DIRECTLY AFFECT HEALTH. BIOFEEDBACK TEACHES INDIVIDUALS TO CONSCIOUSLY CONTROL PHYSICAL PROCESSES THAT ARE TYPICALLY CONTROLLED AUTOMATICALLY (IE., HEART RATE, BLOOD PRESSURE, AND MUSCLE TENSION).

WHY CONSIDER INCORPORATING BIOFEEDBACK INTO YOUR HEALTH CARE? EVEN THOUGH THERE IS NO DEFINITIVE DATA WHICH SHOWS A CAUSAL RELATIONSHIP BETWEEN USING BIOFEEDBACK AND SLOWING OF CANCER, RESEARCH HAS SHOWN THAT BIOFEEDBACK CAN SERVE TO HELP IMPROVE HEALTH RELATED QUALITY OF LIFE. FOR EXAMPLE, ONE STUDY LOOKED AT THE ROLE OF BIOFEEDBACK FOR BLADDER CONTROL AMONG MEN UNDERGOING PROSTATE CANCER SURGERY. FINDINGS OF THE STUDY REVEALED THAT 6 MONTHS AFTER THE SURGERY, ONLY 6% OF THOSE WHO HAD THE BIOFEEDBACK TRAINING EXPERIENCED URINE LEAKAGE COMPARED WITH 20% OF THOSE WHO DID NOT HAVE THE TRAINING (BURGIO ET AL, 2006). OTHER RESEARCH HAS SUGGESTED THAT BIOFEEDBACK HELPS TO DECREASE THE ADVERSE EFFECTS OF CHEMOTHERAPY, BUT IS MOST EFFECTIVE WHEN COMBINED WITH OTHER RELAXATION TRAINING (BURISH, J, 1992).

HOW DOES BIOFEEDBACK WORK?

BIOFEEDBACK USES MONITORING DEVICES TO HELP INDIVIDUALS CONSCIOUSLY CONTROL PHYSICAL RESPONSES ONCE THOUGHT AS OUT OF THEIR CONTROL (IE., HEART RATE, BLOOD PRESSURE, TEMPERATURE, MUSCLE TENSION). TYPICALLY, SENSORS ARE ATTACHED TO THE SKIN AND ARE USED TO MONITOR AND AMPLIFY PHYSICAL PROCESSES THAT ARE DIFFICULT TO DETECT. INFORMATION ON THESE PROCESSES IS THEN PROVIDED IN THE FORM OF A TONE, IMAGE, AND READOUT INDICATING WHEN THE INDIVIDUAL EXPERIENCES CHANGES IN THEIR PHYSICAL STRESS LEVELS. THROUGH THE FEEDBACK PROVIDED, INDIVIDUALS CAN THEN ADJUST THOUGHTS, EMOTIONS, OR OTHER MENTAL PROCESSES TO POSITIVELY INFLUENCE PHYSICAL PROCESSES



HOW MANY TREATMENTS ARE RECOMMENDED?

THIS VARIES ON THE CONDITION AND INDIVIDUAL. TYPICALLY, INDIVIDUALS BEGIN TO SEE RESULTS AFTER 8-10 SESSIONS. OVERALL, BIOFEEDBACK IS A SAFE AND MOSTLY NONINVASIVE THERAPY THAT CAN INCREASE INDIVIDUALS UNDERSTANDING OF THE PHYSICAL STRESS RESPONSES THEY HAVE AND ALSO, LEARN SPECIFIC RELAXATION TECHNIQUES WHICH THEN THEY CAN GENERALIZE TO OTHER PARTS OF THEIR BODY.

WHERE CAN I FIND MORE INFORMATION ON BIOFEEDBACK?

FOR MORE INFORMATION, OR TO SCHEDULE A BIOFEEDBACK SESSION AT RUSH, CONTACT THE CANCER INTEGRATIVE MEDICINE PROGRAM AT 312-563-2531. MOST INSURANCE PLANS COVER BIOFEEDBACK, BUT EACH PLAN IS DIFFERENT.

THE ASSOCIATION FOR APPLIED
PSYCHOPHYSIOLOGY AND
BIOFEEDBACK

INTERNET: [HTTP://WWW.AAPB.ORG](http://www.aapb.org)

THE BIOFEEDBACK CERTIFICATION
INST. OF AMERICA
10200 W. 44TH AVENUE