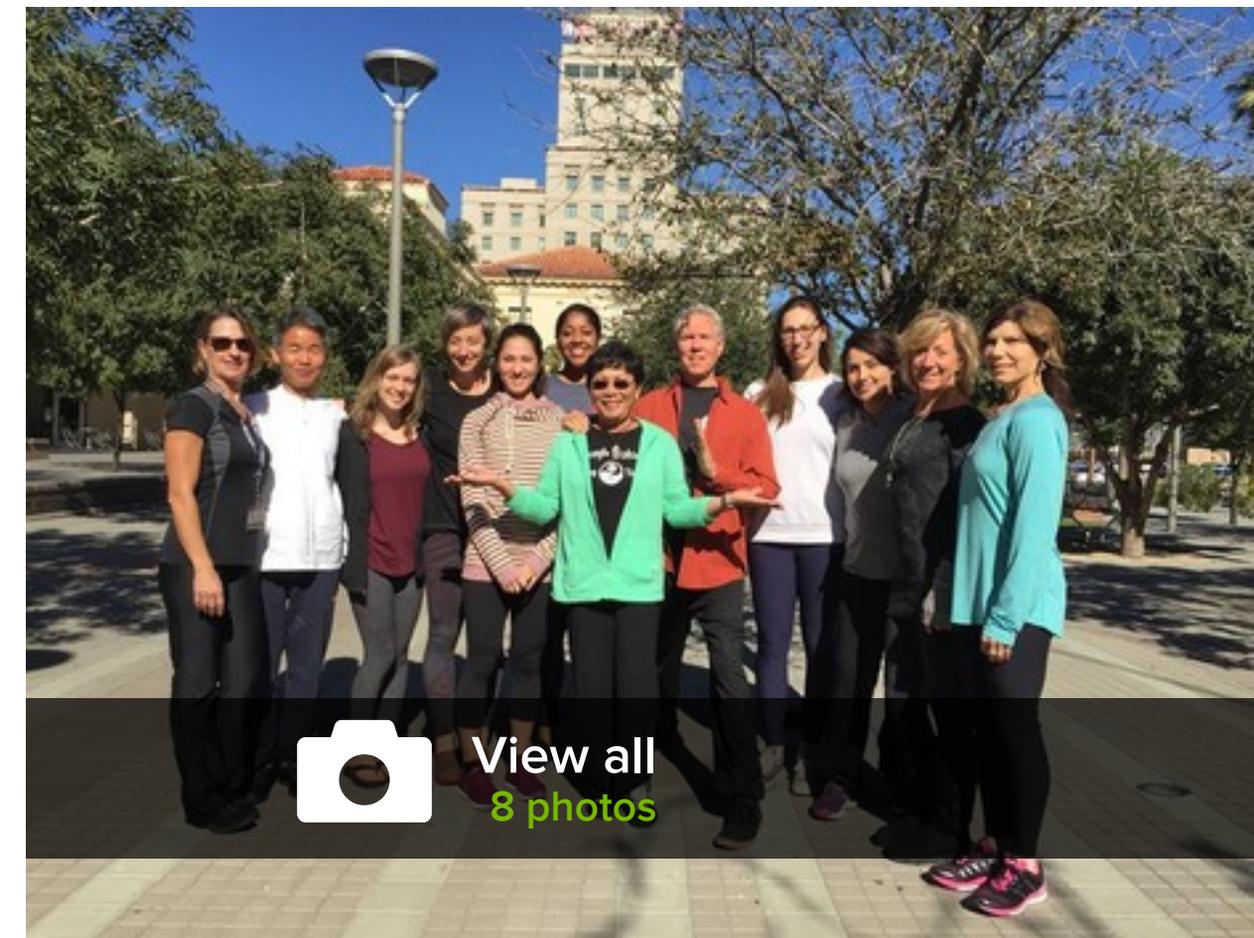


# Exciting news on Tai Chi and Cancer Survivors

February 7, 2016

12:15 AM MST



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With a grant from the National Institute of Health (NIH)/National Cancer Institute, there is collaboration among the Institute of Integral Qigong and Tia Chi (IIQTC), Arizona State University, Mayo Clinic, and Dr. Byeonsang Oh to use Tai Chi (Taiji) and Qigong to improve cancer survivorship.



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Tai Chi/Qigong is an ancient Chinese healing art with meditative movements. It has been widely practiced not only in China but also throughout East Asia. It has been clinically proven to improve people's health, boost the immune system, and reduce stress. A new research project named "Effects of Meditative Movement (Qigong/Tai Chi Easy) on Fatigued Breast Cancer Survivors" is led by Arizona State University's Linda Larkey, PhD, a professor in the College of Nursing and Health Innovation and a Mayo Clinic research affiliate, in partnership with Don Northfelt, MD (Mayo Clinic), and Karen Anderson, MD (joint ASU-Mayo Clinic). This \$3.1 million, five-year award will support an ASU collaboration with the [Mayo Clinic Cancer Center](#) and [Maricopa Integrated Health Systems Breast Clinic](#) to examine effects of the Qigong/Tai Chi Easy practice on breast cancer survivor symptoms. People who survive cancer experience multiple post-treatment symptoms that include fatigue, sleep quality, anxiety, depression, and cognitive impairment. These and other associated symptoms can persist for months or even years after cancer treatment ends. This study believes that the regular practice of meditative movement will help recovery and rejuvenation in women aged 45 to 75 recovering from breast cancer.

Dr. Roger Jahnke, Director of IIQTC of Santa Barbara, California, has promoted Tai Chi for health for decades and created a simplified system called Tai Chi Easy, which has been utilized as a medical intervention in scientific research. Dr. Jahnke and IIQTC will train practice leaders who will work with cancer survivors.

Dr. Oh, a clinical associate professor at Sydney Medical School in Australia and Harvard Research Fellow, was quoted "Chinese medicine believes there are energy channels in our body so when we open those up, we improve our circulation and we become healthy". He also stated that by practicing Tai Chi and Qigong after the symptoms have subsided can increase the odds to prevent the cancer from

reoccurring. He will be teaching practice leaders Qigong.

Today cancer remains one of the biggest killers in the world. In January, we lost two great artists [David Bowie](#) and [Alan Rickman](#) at age 69. Last year, Beau Biden, Attorney General of Delaware, died of brain cancer at an alarming age 45. While there is still no cure, we are very excited to learn this important research that will bring the patients much relief and also increase the probability of survivorship through Tai Chi and Qigong practice.

## **SUGGESTED LINKS**

- **A Comprehensive Review of Health Benefits of Qigong and Tai Chi**
- **The IIQTC Celebrates 10th Anniversary**
- **Everyone should read “The Harvard Medical School Guide to Tai Chi”**
- **IIQTC Brings Qigong and Tai Chi to Veterans**
- **Cancer Support Community provides free Qigong classes to patients and caregivers**



**Violet Li**

Tai Chi Examiner