1. **Patients refusing anticancer treatments and Complementary and Integrative Medicine**

**Global Approaches of Integrative Oncology**

**Aim:** This observational prospective study conducted at the Clinic for Complementary Medicine and Diet in Oncology, Campo di Marte Hospital, Lucca (Italy) aimed at better clarifying why and when several cancer patients tend to refuse anticancer treatments.

**Methods:** A specific questionnaire exploring the possible reasons why patients refuse conventional anticancer treatments, as well as their expectations and feelings related to conventional treatments, was developed. Our data concerned 35 (6.3%) out of 552 cancer patients, aged 39-79 years (mean age: 56.9 years), who were consecutively visited from 2013 to 2019 and refused conventional anti-cancer treatments.

**Results:** From September 2013 until December 2019, at the Public Clinic of CM and Diet in Oncology of Lucca 552 cancer patients, 467 (84.1%) female and 88 (15.9%) male, with a median age of 57 years (19–89 years), were consecutively visited. Among those refusing anticancer therapy, cancer patients were distributed as follows: 7/35 patients (20%) refused all kinds of anticancer treatment, 14 (40%) specifically refused chemotherapy; 7 (20%) specifically refused endocrine therapy, 2 (5.7%) refused surgery; and 1 (2.8%) specifically refused radiotherapy, while 4 (11.4%) refused other kinds of anticancer treatment (radioiodine, chemoembolization, growing factors, immunotherapy). The most popular ones are artemisina (*Artemisia Vulgaris L*.), *Potassium Ascorbate* and *Viscum Album.* Thirty-one patients (88.6%) completed at least one follow-up visit; of them 18 (58.1%) are still in good conditions, 4 (12.9%) are in a disease progression phase, and 9 (29%) patients passed away. After their baseline integrative oncology visit, 15 out of 31 patients visited at follow-up (48.4%) turned out to accept conventional treatments. Indeed, a plurality of “alternative” treatments are used and are often combined.

**Conclusions:** An Integrative Oncology Clinic may contribute to improve the communication with patients, especially with those who initially refuse conventional treatments, and play a positive role in treatment refusal management.

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***Keywords:*** *Anticancer Therapy Refusal; Integrative Oncology; Complementary Medicine*