

**S10** Baseline characteristics of cancer Patients demanding integrative oncology (IO) support. The experience of Nuova Oncologia Integrata (NOI), an Italian non-profit organization

L. Bidin<sup>1</sup>, G. Marafante<sup>2</sup>, B. Pellacani<sup>2</sup>, A. Andreoni<sup>2</sup>, G. Macca<sup>2</sup>, E. Fiocchi<sup>2</sup>, L. Boni<sup>2</sup>, G. Cantù<sup>2</sup>, L. Garnerone<sup>2</sup>, R. Sgorbati<sup>2</sup>, F. Putignano<sup>2</sup>, B. Belfiglio<sup>2</sup>, F. Franchi<sup>2</sup>, C. Corda<sup>2</sup>, C. La Guzza<sup>2</sup>, C. Ferri<sup>2</sup>, I. Giuffredi<sup>2</sup>, E. Lamanuzzi<sup>2</sup>, L. Pigaianni<sup>2</sup>, M. Casini<sup>2</sup>, M. Mazzoni<sup>2</sup>

<sup>1</sup>Azienda USL di Piacenza, UO Oncologia, Piacenza; <sup>2</sup>NOI Nuova Oncologia Integrata onlus, Piacenza

**Background:** A part of cancer patients (pts) ask for IO. We assess their basal traits to justify their need to integrate conventional cancer therapy.

**Methods:** Nuova Oncologia Integrata (NOI) allows pts to choose mind-body support without having to depend upon economic factors. At entry, each pt receives 8 validated tests addressing basic self-esteem (BSE), anxiety/depression (HADS, STAI-Y), distress (DT), pain, fatigue (FACIT), pos/neg emotions (PANAS) and a self-reported measure of health (SF36)

**Results:** From 10/2016 to 4/2017, 79 pts asked for mind-body programs. Males (M) 8/79 (10.1%); females (F) 71 (89.9%). Median age M: 68 (42-82), F: 59 (32-80). 43.7% of F were 50-59 years old; 50% of M 70-79 years old. 60 pts (76%) completed tests, 15 pts (19%) returned incomplete tests. Primary tumor: 64 pts (81%) breast, other 19% (thyroid 2, prostate 1, lung 1, lymphoma 2, brain 1, gastrointestinal 5 and gynecological 3). HADS-A: no-anxiety 41 pts (56.9%), slight 15 (20.8%), moderate 14 (19.4%), severe 2 (2.8%). Anxiety any grade: F 45.5%, M 16.7%; moderate/severe anxiety: F 22.7%, M 16.7%. State-trait (S-T) anxiety (STAI-Y). Clinically relevant: 54.7%; pts T/ Spos: 50%; T-neg/S-pos: 5.4%; T/Sneg: 37%. Per age (cut-off: age 65): 73.9% S/T pos pts (<65) vs 10.7% (>65). HADS-D: no-depression 52 pts (72.2%), slight 13 (18.1%), moderate 6 (8.3%), severe 1 (1.4%). Depression any grade: 27.8%; moderate/severe: 9.7%. No differences by sex. Pain: absent 15.8%; slight 19.7%; moderate 43.4%; considerable 19.7%; severe 1.3%. DT: no-distress 9.3%, slight 21.3%, moderate 40%, severe 29.3%. FACIT: no-fatigue 4.1%, slight 59.7%, moderate 30.5%, considerable 5.5%, severe 0%. PANAS: equivalent pos-emotions F vs M (median pos-score 26 vs 27); neg-emotions F > M (median neg-score 20 vs 11.5). BSE: 15 pts (18.9%) scored >75 percentile. Low score mostly seen in age 40-60. SF36: 22.8% feels worse than general population, namely physical role (39.2%), emotional role (30.4%), social activities (27.9%). In >80%, physical/mental activity, pain, vitality, is in the normal range.

**Conclusions:** Cancer pts in IO programs are comparable to the general population of same sex/age in vitality and physical/mental activity, but perception of physical/emotional role and social activities are worse. Anxiety is more prevalent than depression, particularly in younger/females. Women have neg emotions twice as much as men. Moderate pain is common. Fatigue is generally light; distress is common. A low Self-Esteem is seen in pts 50-60 year old. Knowing the basal traits of cancer pts seeking support can guide IO organizations.