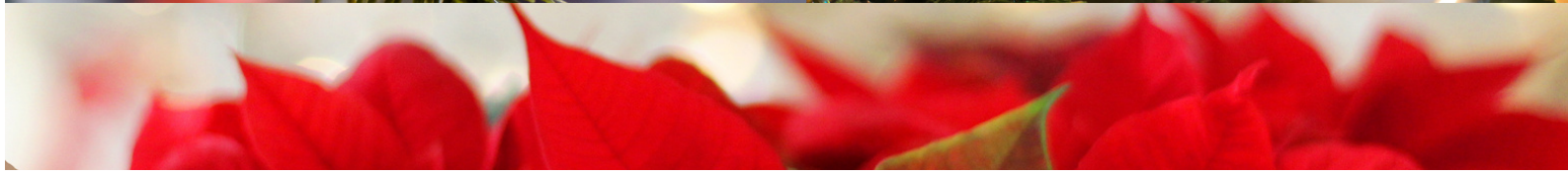




Season's Greetings
from all the team at
INOCA
INTERNATIONAL





A very warm welcome to the 2023 INOCA International Christmas Newsletter!

2023 has certainly been a very busy year for INOCA International! We have won International awards, been invited to attend and speak at the prestigious European Society of Cardiology Congress and amongst many others things have also totally redesigned our website too!

Just a few months ago we also had the pleasure of hosting the 2023 INOCA International Meeting of Minds at The Dorchester in London. Despite air traffic control problems affecting many flights, we are extremely proud to report that INOCA International Meeting of Minds was yet again a HUGE success!

Please keep a look out for the video presentations on our website at www.INOCAInternational.com as the presentations will be uploaded to the website in the New year as part of a brand new video series!

So without further ado...please sit back and enjoy our 2023 INOCA International Christmas newsletter!

PATIENT SURVEY - AN AMAZING PIECE OF WORK! NOW PUBLISHED!



SCIENTEDIRECT.COM

Ischemia with no obstructive coronary artery disease (INOCA): A patient self-report quality of life survey from INOCA international

Background: There is limited information available regarding evidence of ischemia with no obstructive coronary arteries (INOCA) and quality of life. Pu...



It feels like only yesterday that we launched the exciting INOCA Patient Survey! This exemplary and groundbreaking survey consisted of a total of 51 questions all of which were designed specifically with INOCA patients in mind and focused on the impact on quality of life for patients living with INOCA conditions.

Working on this project was such a great pleasure, not only because of the huge amount of interest shown by patients and medical professionals alike, but also because we had the opportunity to work in collaboration with 2 of the leading minds in Womens Heart Health, Professor C. Noel Bairey Merz and Professor Martha Gulati whose level of expertise and professionalism helped to make the project the amazing success that it continues to be. So we begin our Christmas Newsletter by offering our heartfelt and sincere thanks to everyone who took the time to complete the INOCA patient survey and to all those involved in bringing the survey to completion. Without your support and participation, this survey would simply not have been possible!



Microvascular Angina, Coronary Artery Spasm (Vasospastic) & CMVD Community

THANK YOU

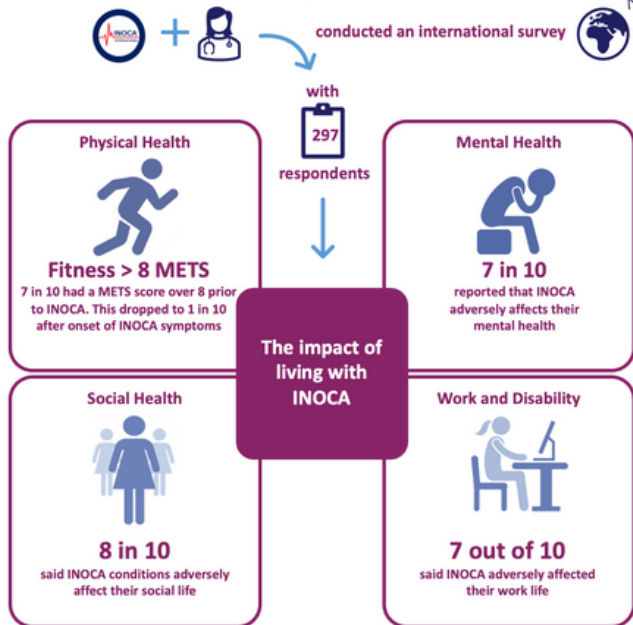


PATIENT SURVEY - Results

A Patient Survey

INOCA International partnered with Professor C. Noel Bairey Merz and Professor Martha Gulati on an international survey looking at The impact of Living With INOCA

INOCA International and Prof. C. Noel Bairey Merz and Prof. Martha Gulati



INOCA conditions lead to adverse impacts on home life, relationships, social life and functional capacity

Martha Gulati, Najah Khan, Maria George, Colin Berry, Alaide Chieffo, Paolo G. Camici, Filippo Crea, Juan-Carlos Kaski, Mario Marzilli, C Noel Bairey Merz
doi.org/10.1016/j.ijcard.2022.09.047



Posters by Alex Koch
www.INOCAInternational.com

Twitter: @INOCAInternat1

PATIENT SURVEY - Posters

INOCA International created a series of posters outlining the results from the International Survey. These posters brought the survey results to life and offered the information in a very visual and easy to understand format. These incredible posters were showcased at the 2023 Meeting of Minds and like all leaflets and information on the downloads page of our website, they can all be downloaded free of charge at www.INOCAInternational.com/downloads



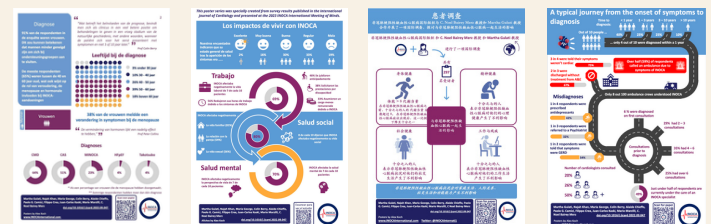
It is no surprise to anyone living with an INOCA condition that the impact on quality of life can be huge. INOCA International ran an information series of 28 key findings on their social media platforms during Heart Month in February highlighting some of the difficulties INOCA patients can regularly face.

We also have the great pleasure of announcing that these posters are all also available in Spanish and Dutch too! (a request received from patients and professionals themselves!) We are also currently working on Chinese translations of the posters too!



We very much appreciate and acknowledge the help and support of all the patients and medical professionals who so very kindly worked on the translations so that we could share information on INOCA even further afield!

Above is just a small selection from this very thought provoking series. The remaining slides can be seen on the INOCA International website at www.INOCAInternational.com



INOCA International Invited to speak at the 2023 ESC *What an absolute honour!*



We can hardly believe that this actually happened! INOCA International were invited to speak at the 2023 European Society of Cardiology Congress in Amsterdam, representing the very many patients around the globe who struggle with INOCA conditions. It seems this was the first time that a patient group had been asked to both attend and present at ESC, let alone to speak in one of the main auditoriums and be invited to be part of so many discussions, working groups, symposiums and interviews! Yet here we are, taking centre stage and spreading the word about INOCA far and wide! The networking opportunities were astounding and we feel very humbled and truly grateful to have even been considered to attend such a phenomenal conference and to have had the opportunity to present on stage to such an amazing audience!



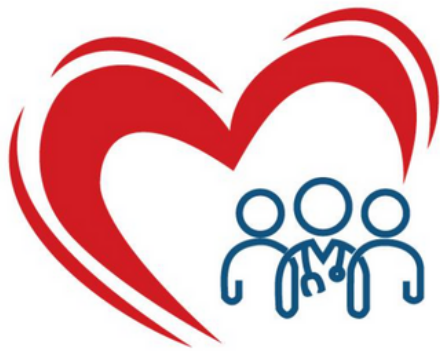
Here we can see INOCA International's Founder presenting the results of the International patient survey in one of the main auditoriums at ESC and talking about the impact on quality of life for patients with INOCA. We should also mention here that Maria actually attended ESC along with her son as chaperone, as she broke her foot just a week before this event took place but still made sure she attended as she said she did not want to miss this incredible opportunity to further knowledge about INOCA worldwide! So a HUGE thank you goes to both Maria and her son for making this possible. Maria you are a trooper! Heartfelt thanks also go to The World Heart Federation, Servier and to all the amazing individuals and organisations who helped to make this possible, for being so very welcoming and supportive - and for pushing the wheelchair!



INOCA International were delighted to hear that they had been chosen to receive The World Heart Federation Best Video Campaign Award 2023! What an achievement and what an honour! We attended the World Heart Summit in Geneva to collect our award at a special presentation dinner. The whole event was superb and we could not have been made to feel more welcome. We also met and talked with Cardiologists from around the world and made lots of new contacts!

The award now stands in pride of place and provides added drive and encouragement to every day!

PACT - Angina Survey - The Results Are In!



PACT-ANGINA

PATIENTS AND DOCTORS CROSS-TALKS IN ANGINA

Remember the angina surveys many of us took part in earlier this year? Well the results are in and have been broadcast via 2 webinars with our very own Founder, Maria, on the panel discussing the outcomes. The webinars from the PACT-ANGINA Project took place on the 30th November with over 2000 registrants from around the world! Lots of new information and insights were shared about the management and treatment of angina from both the patient & professional perspectives.

The findings of the 2 questionnaires - one for patients and one for medical professionals - were also presented by Professor Giuseppe Rosano at this year's INOCA International Meeting of Minds and this presentation along with others from the meeting will be available to view on the INOCA International website as part of a brand new 20 week video series starting in January called '**UNDERSTANDING INOCA**'

A huge thank you goes out to Translational Medicine Academy, to MedEd Global Solutions, to Servier and to all the patients, individuals and organisations involved in bringing this huge international survey together. An immense task which was very well co-ordinated, with much more information and insight still to come!

If you missed the PACT ANGINA webinar
You can view it on demand on the link below!
<https://angina.live.medicalcongress.online/.../index.html>

Personalized Care of Patients with Angina - Learnings from PACT-ANGINA Surveys

November 30, 2023

2 LIVE SESSIONS
12:00-13:00 CET (UTC +1)
18:00-19:00 CET (UTC +1)

Chairs: Giuseppe Rosano, London, UK
Maria George, Glasgow, UK

Faculty: Magdy Abdelhamid, Cairo, Egypt
Jabir Abdullakutty, Emmattulam, KL, India
Luis Henrique W. Gowdak, São Paulo, SP, Brazil
Gustavo F. Mendez Machado, Veracruz, Mexico

Welcome and introduction
Maria George and Giuseppe Rosano

Unmet needs in the management of patients with angina
Giuseppe Rosano

Healthcare professionals' educational needs - PACT-ANGINA survey
Luis Henrique W. Gowdak and Jabir Abdullakutty

Patients' perspectives - PACT-ANGINA survey
Maria George and Giuseppe Rosano

Panel discussion
All ready

Conclusion
Maria George and Giuseppe Rosano

Free webinar hosted by the Cardiovascular Updates platform. [REGISTER HER](#)

Organized by MedEd Global Solutions - Supported by Servier

"Working alongside people who are committed to improving patient care is always a great pleasure"



Meeting of Minds 2023!

INOCA International are proud to announce that the 2023 Meeting of Minds was a HUGE success, even despite major disruption to flights due to an air traffic control technical glitch which left many travellers stranded in airports across Europe. Even our very own founder who had attended the ESC in Amsterdam just prior to the Meeting of Minds thought she may have to join the Meeting via video link! Thank heavens she made it!

Maria opened the meeting with a heartfelt welcome and gave an inspiring presentation summarising some of the achievements of INOCA International during the last 4 years and highlighting some of the difficulties that INOCA patients continue to face in recognition, diagnosis and treatment. She also echoed the words of one of our esteemed Medical Advisory Board members, Professor Filippo Crea, reminding us all ***"If you don't look for it, you don't find it"***



Patients and families also had their voices heard throughout the day with patient and expert interviews and discussions, with individual video messages and with two presentations by patients themselves which were widely acclaimed by everyone attending. The patient presentations clearly brought some of the daily struggles encountered by people living with INOCA to life. So a HUGE thank you to Sally and Lucy for being such wonderful ambassadors and for sharing their stories with such openness, honesty and grace.

The Meeting of Minds was filled to the brim with world class presentations but was also filled with laughter and joy (a further much-loved hallmark of the affectionately known MOM). With a mutual willingness to share knowledge and understanding, conversations flowed and so did the fun, the smiles and the laughter.



This incredible meeting is, as always, a testament to the true dedication and commitment of our outstanding Medical Advisory Board, Management Team and Volunteers, who all work so very hard throughout the year and with such great passion. Everyone involved at INOCA International gives so very generously of their time, their knowledge and their expertise. No one at INOCA International is paid, which is probably a very good thing, because the contribution of each of these wonderfully generous and exceptionally dedicated individuals is truly invaluable!

**So to our volunteers, our Management Team and our esteemed Medical Advisory Board
" THANK YOU SO MUCH FOR EVERYTHING YOU DO! "**



Look at this AMAZING feedback from the Meeting of Minds 2023!



Without doubt the most enjoyable meeting I have ever attended

Count on me if I can help in the future in any way

Many Congratulations - a fantastic meeting in every way!

Thank you once again for all of your hard work (and the socks!) What a great idea!

Your conference was a great success.
Very honoured to be part of this prestigious event

Exciting, stimulating and fun!
I really enjoyed the lively discussion and the feeling to be among people that share my vision of Ischemic Heart Disease was so gratifying!
Count on my enthusiasm for INOCA future initiatives!

It really was a fabulous day in all ways - I think we all got a lot out of it.

Keep up the fantastic work and will continue to support as best I can

Many congratulations for a very successful meeting. You are amazing! You managed to create so much momentum on INOCA, it is unbelievable!

www.INOCAInternational.com



INOCA
affects the whole family



www.INOCAInternational.com

THANK YOU to the patient family member who took time to write and speak on the series of three special videos shown at the Meeting

This really highlighted the impact INOCA has on the whole family.



THANK YOU SO MUCH to all the patients who so very kindly made the hand knitted and hand crocheted hearts for the meeting! . Every one who attended received a heart with a personal message from a patient. They were gratefully received and the heartfelt messages really struck a chord with everyone there.



This is outstanding!

I didn't think this was even possible

This is the best conference I have ever attended!

Momentous is the word for this meeting!

I would change all my other meetings to attend this one

There is so much science - very impressive

Even better than I thought it was going to be.

This is very educational but fun to be at too.
Outstanding effort!

How the heck....!

Invite me again, Invite me again!



www.INOCAInternational.com

A big thank you to you since this meeting was a mammoth task to arrange! I very much enjoyed the day, with its very busy but relaxed program.

I particularly enjoyed meeting up with colleagues and especially the INOCA International community.

I really enjoyed seeing you and all the other people attending MoM. It is clear that INOCA international is contributing significantly to improve the awareness of this condition and I am sure our patients are very grateful to you for this initiative.

Thank you again for the excellent meeting

It was an amazing meeting. I feel like I need to help you get sponsorship for this. It is so important!

www.INOCAInternational.com



What and absolutely PHENOMENAL day!



Thank you to everyone involved. You made the 2023 Meeting of Minds the overwhelming success it was!

To see more amazing photos from the Meeting of Minds please click on the link below!

<https://inocainternational.com/mom23-gallery/>


Looking to the future! What does 2024 have in store?


DID YOU KNOW?

Just a few things you may or may not already know...

STARTING IN JANUARY!

UNDERSTANDING INOCA



 A TWENTY WEEK VIDEO SERIES
from INOCA International

INOCA International are launching a series of 20...yes 20! BRAND NEW presentation videos from the 2023 Meeting of Minds starting in January 2024!

This series will be presented by some of the world leading experts in INOCA and will be found on our website at www.INOCAInternational.com. The series will run for 20 weeks with a new presentation being shared every week! So be sure to keep a look out for updates on our social media platforms.

Website - www.INOCAInternational.com

Twitter - @INOCAInternati1

<https://twitter.com/InocalInternati1>

<https://www.facebook.com/groups/491395198372627>

¿Hablas español?



Did you also know that the translation of our website into Spanish is almost completed too?

Try it out!


www.INOCAInternational.com

DISCUSSING GUIDELINES

What a privilege to be invited to spend the last few hours of AHA23 discussing guidelines in

Ischaemic Heart Disease

Looking forward to many more discussions and to all the amazing things to come in the future!

 www.INOCAInternational.com

PLEASE...Don't Give Up!

If you are having a bad day today, please don't give up! There is so much work going on behind the scenes to support people living with INOCA conditions, via new studies, trials, raising awareness and advocating for better understanding and care.

Our amazing group is constantly working really hard to continue to raise global awareness of INOCA conditions. Please help us to do this by remembering to like and share our social media posts too!

Lots of New Projects planned for 2024!



There is SOOOO much to look forward to in 2024!

Come along, join us for the ride and let's see what The New Year brings together!

Please remember that nothing in any part of this newsletter should be considered in any way as advice or recommendation. All information contained in this newsletter is an opinion only and is shared here only in the hope that it is perhaps of interest to other patients and medical professionals. Always consult your own medical practitioner before trying any new medications or therapies and before changing any of your current routines or usual practices.



*Whatever is beautiful.
Whatever is meaningful.
Whatever brings you happiness.*

*May it be yours
this festive season
and throughout
the coming year*

*from everyone at
TNOCA
International!*