

A Landmark Achievement: The INOCA 25 London Meeting

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Leadership, Progress, and Partnership in Action

The recent INOCA 25 meeting in London marked a significant milestone in the advancement of understanding and recognition of INOCA (Ischaemia with Non-Obstructed Coronary Arteries). Held under the expert leadership of one of our distinguished members of the INOCA International Medical Advisory Board, Professor Divaka Perera, this exceptional gathering exemplified everything that makes medical collaboration truly transformative.

A Meeting That Set New Standards

From the moment attendees arrived, it was clear this would be no ordinary conference. The level of organisation, inclusion, and attention to detail created an environment where genuine progress could flourish. The meeting achieved that rare balance of academic rigor and accessibility, creating a true level playing field where industry representatives, funders, patients, and clinicians could all engage in meaningful dialogue.

Multi-Stakeholder Excellence

What made this meeting truly outstanding was its commitment to representing every voice that matters in the INOCA conversation. The programme featured:

Expert Panel Discussions - Bringing together leading minds to explore the latest developments and challenges in INOCA diagnosis and treatment.

Cutting-Edge Presentations - Sharing the latest research findings, updates and clinical insights that continue to advance our understanding of these under-recognized conditions.

Live Cases from the Cath Lab - In an innovative approach that brought theory to life, attendees also participated in real-time catheterization laboratory cases, with open meeting room interaction and input, creating a dynamic learning environment. These live demonstrations allowed for immediate discussion and shared understanding of complex diagnostic scenarios.

Patient Perspective – As founder of INOCA International, it was an honour to be invited to present on ‘What Patients Want from a UK Microvascular Network’ and to also present a video montage of voices from a number of patients from the online support group we link to who are currently living with INOCA conditions, ensuring the lived experience of INOCA remained central to all discussions.

Case Studies and Latest Research - A comprehensive exploration of current evidence and emerging data, showcasing the trajectory of progress in this field

The Power of Engagement

The attentiveness and attention throughout the 2 days of this meeting was remarkable. Every presentation sparked discussion and interaction, demonstrating the hunger for knowledge and understanding that exists around INOCA. Participants weren't merely passive observers – they were active contributors to a conversation that is driving real change.

The networking opportunities fostered partnerships that will undoubtedly lead to future collaborations, while the quality of communications and conversations reflected a shared belief in the importance of this work. This wasn't simply about sharing information; it was about building a movement!

Skills, Acceptance, and Belief

Perhaps most encouraging was the tangible sense of achievement and advances in the field. The meeting showcased how far we've come in bringing INOCA from the shadows into the spotlight of cardiovascular medicine. There was a palpable feeling that we now have key stakeholders on-side, with growing acceptance and appreciation that these conditions deserve the same attention and resources as more traditionally recognized cardiac diagnoses.

The skills being developed in diagnosis and management were evident in the case presentations and discussions. Clinicians are increasingly equipped to identify and support INOCA patients, while researchers are pushing the boundaries of what we understand about these complex conditions.

A Testament to Leadership

The success of this meeting is a testament to exceptional leadership and vision. The organizing team created an environment where learning, sharing, and progress weren't just possible – they were inevitable. The inclusive approach ensured that every participant, regardless of their role or background, could contribute meaningfully to the discussions.

Looking Forward

As INOCA International continues its mission to raise awareness and improve understanding of these conditions worldwide, meetings like this demonstrate what can be achieved when passion meets expertise, when patient voices are heard alongside clinical insights, and when the medical community comes together with genuine commitment to change.

The London INOCA 25 meeting has set a new benchmark for how we approach this work. It showed us what's possible when we create spaces for authentic dialogue, when we value all perspectives, and when we remain focused on the ultimate goal: better outcomes for patients living with INOCA.

This was more than a meeting – it was a powerful demonstration of progress, partnership, and the promise of what lies ahead for INOCA awareness and acceptance.

INOCA International is dedicated to raising awareness and improving understanding of INOCA (Ischaemia with Non-Obstructed Coronary Arteries) for patients and medical professionals worldwide. To learn more, visit www.INOCAInternational.com