



NEWSLETTER

New Year 2026



As we head into 2026 we have some truly amazing plans under discussion for the coming year and we are looking forward to sharing our latest news and updates on our social media platforms very soon! INOCA International has already committed to attending meetings, conferences and webinars, and also has some truly outstanding collaborations and partnerships in the pipeline too which we are really excited about and very much looking forward to!

Be sure to keep an eye on our social media platforms (QR codes in the right hand panel) so you don't miss all our amazing news and updates!

World Heart Federation Survey for HCPs on Adherence

The World Heart Federation will soon be launching a brand new survey that has been specially designed for Healthcare Professionals. The aim of the survey is to discover from healthcare professionals themselves what they believe to be the main causes of adherence, the obstacles faced in addressing adherence, and to offer their ideas, thoughts and suggestions on what they believe might help to address and improve adherence in their region.

The WHF survey is due out very soon and will be featured on all our Social Media platforms. Please keep a look out for the survey and be sure to take part.

Your thoughts, ideas, suggestions and feedback are so important!



CONNECT WITH US

www.INOCAInternational.com
(or use the QR code below)

For our Facebook Information Page
<https://www.facebook.com/groups/491395198372627>

For our X page (formerly Twitter)
<https://twitter.com/InocalInternatil>



Website



Instagram



X



TikTok

INCLUDED IN THIS ISSUE

The Takotsubo Registry

Angina Medication and its effect on Heart Rhythm

Translational Medical Academy New AI Platform

A Paradigm Shift in MINOCA Care

INOCA in Cancer Survivors?

Patient Videos: Lauren's Story

International Collaborations

Dr Indra Anniversary Fundraiser

The Promise trial

Share this newsletter with your Cardiologist!

DID YOU KNOW THERE IS A REGISTRY FOR TAKOTSUBO?

TAKOTSUBO SYNDROME

HAVE YOU HAD A TAKOTSUBO EVENT?

Takotsubo (also sometimes called 'Broken Heart Syndrome') is a cardiac condition often affecting post-menopausal women, but it can also affect men and younger women too. Takotsubo is a condition which is often under recognised and as a result, treatment and prevention strategies are often not sufficient.

Cedars-Sinai has launched **The Smidt Heart Institute Takotsubo Registry** with a view to establishing the largest database of Takotsubo patient medical records and experiences, and the research team is inviting patients from all over the world who have experienced a diagnosed Takotsubo episode, to consider adding their details to the Takotsubo registry. The registry will help to improve scientific knowledge and clinical management of Takotsubo.

Full details of how to join the registry can be found in the **Takotsubo Syndrome Study Spotlight publication** here - <https://inocainternational.com/wp-content/uploads/2026/01/Cedars-Sinai-Smidt-Heart-Institute-Takotsubo-Spotlight-Publication-Highlights.pdf>

All registry activities can be completed without the need to visit a hospital and blood collection kits can be sent by post for patients to provide dried blood samples. (blood samples will not be requested from International patients).

A patient fact sheet has also been prepared by the team at Cedars-Sinai Smidt Heart Institute and this can be read here <https://inocainternational.com/wp-content/uploads/2026/01/TAKOTSUBO-Cedars-Sinai-Smidt-Heart-Institute-Patient-Fact-Sheet.pdf>

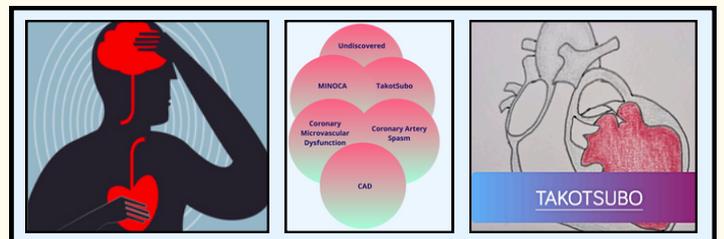


The team at Cedars-Sinai Smidt Heart Institute have taken the time to prepare a comprehensive information sheet and consent form (which can also be signed online). You can view both of these important documents here <https://iredcap.csmc.edu/surveys/?s=KJMMWTF49LEKCH8P>

If you would like to read more about the study you can also visit the clinicaltrials.gov website on this link - <https://clinicaltrials.gov/study/NCT03910569?tab=table>

The Cedars-Sinai page on Takotsubo Cardiomyopathy and the INOCA International Patient Summary sheet on Takotsubo may also be helpful and can also be found on the links below <https://www.cedars-sinai.org/health-library/diseases-and-conditions/t/takotsubo-cardiomyopathy.html>

<https://inocainternational.com/wp-content/uploads/2022/05/Takotsubo-Summary-Sheet.pdf>



TAKOTSUBO SYNDROME STUDY SPOTLIGHT

TAKOTSUBO REGISTRY

The goal is to accurately understand the prevalence, recurrence and prospective status of the Takotsubo, to determine which individuals are at risk of recurrence or subsequent adverse event and to determine potential treatment targets to develop therapeutic strategies

KEEP SWIPING TO LEARN MORE

HAVE YOU HAD A TAKOTSUBO EVENT? CAN YOU HELP?

PLEASE GET IN TOUCH with the Cedars-Sinai Smidt Heart Institute team here -

Email: TakotsuboResearch@cschs.org

Phone: **BSWHC Research Staff: 310-423-9666**

A Paradigm Shift in MINOCA Care?

MINOCA Patients Can Face A Higher Burden of Angina and Emotional Distress Post-Infarction

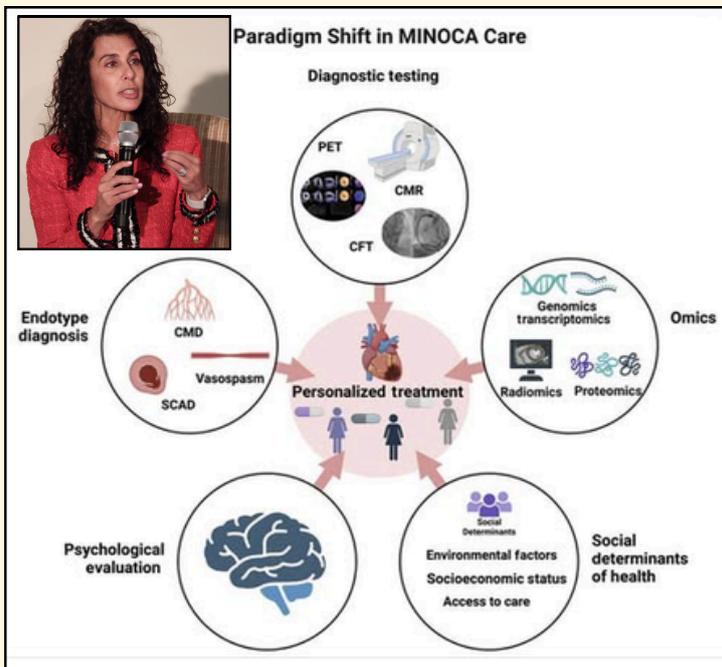
While patients who experience a MINOCA event – a heart attack with non-obstructive coronary arteries – may be told their arteries look "clear," new research suggests recovery is often more difficult than those with traditional blockages.

A recent study in the Journal of the American Heart Association (JAHA) found that one year after their event, MINOCA patients reported a significantly higher burden of disease than those with obstructive coronary artery disease.

Despite the lack of major blockages, these patients experienced more frequent angina, a lower quality of life, and a greater toll on their emotional well-being.

The study also highlighted broader impact on the ability to work, with MINOCA survivors facing higher rates of sick leave and diminished functional capacity compared to their counterparts.

This editorial by INOCA International Medical Advisory Board member, Professor Martha Gulati et al (published in @JAHA_AHA) explains how MINOCA patients can often be left with significant burden post diagnosis.



You can read the full publication in JAHA here – https://www.ahajournals.org/doi/full/10.1161/JAHA.125.040433?rfr_dat=cr_pub++0pubmed&url_ver=Z39.88-2003&rfr_id=ori%3Arid%3Acrossref.org#jah311131-cr-0002

You can also read the INOCA International summary information sheet on MINOCA here – <https://inocainternational.com/what-is-inoca/>

INTERNATIONAL COLLABORATIONS

INOCA International is living up to its name and increasing its global reach even further!

Adding to our already impressive list of translations, we are delighted to announce International Collaborations with Cardiologist **Dr Petr Kala** from University Hospital Moto in Prague and **Ms Parvoleta Petrova** from Servier, Bulgaria!

Dr Kala and Ms Petrova have very kindly translated a selection of our INOCA International Patient Summary Information Sheets into Czech and Bulgarian!

Our Summary Sheets include information on:

- Coronary Artery Spasm
- Microvascular Dysfunction
- MINOCA
- Takotsubo
- GTN

All of our Summary Sheets and our translations are available to download from our website on the link below – <https://inocainternational.com/downloads/>

Raising awareness of INOCA conditions remains one of our primary aims at INOCA International, so to now have the opportunity to share this important information translated into Czech and Bulgarian is fantastic!

Our sincere thanks go to both Dr Kala and Ms Parvoleta Petrova for their support of INOCA International.

This advertisement features the INOCA International logo, a photo of Dr. Petr Kala, and the Czech flag. The main text reads: "Co je to mikrovaskulární angina?" Below this, it states: "With sincere thanks to Dr Petr Kala, MD, PhD, and the University Hospital Motol in Prague, INOCA International are delighted to announce that all nine INOCA Summary Sheets have very kindly been translated into Czech by Dr Kala and are now available to download on our website - just click on the link below to access yours!" The link provided is "INOCA Summary Sheets - Czech translations" and the website URL is www.INOCAInternational.com.

This advertisement features the INOCA International logo, the Servier Bulgaria logo, a photo of Ms. Parvoleta Petrova, and the Bulgarian flag. The main text reads: "Какво представлява микроваскуларната ангина?" Below this, it states: "With sincere thanks to Ms Parvoleta Petrova and Servier Bulgaria, INOCA International are delighted to announce that our Microvascular Angina Summary Sheet has very kindly been translated into Bulgarian and is now available to download on our website - just click on the link to access yours!" The link provided is "Microvascular Angina Summary Sheet Bulgarian translation" and the website URL is www.INOCAInternational.com.

Could an Angina Medication Protect Your Heart Rhythm?

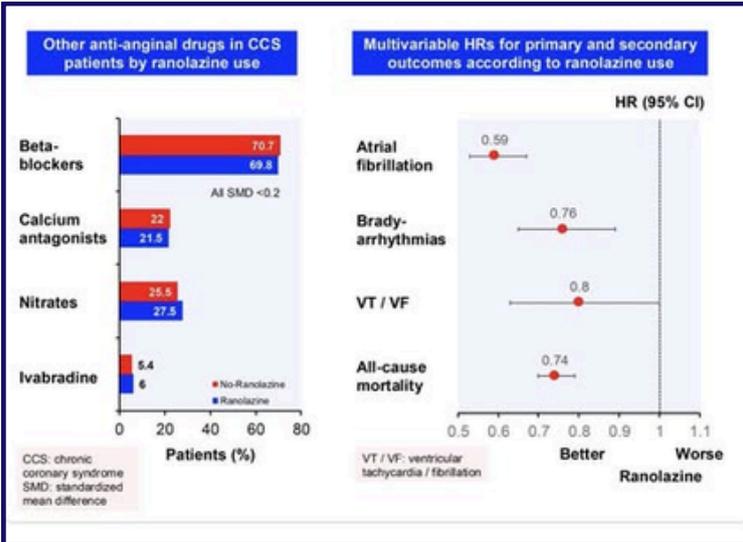
New research is shedding light on an unexpected benefit for patients taking Ranolazine. According to a recent Italian study published in the European Society of Cardiology Journals this past September, the medication is associated with a lower incidence of atrial fibrillation over the long term.

The study followed patients for 4.5-5 years. Almost two thirds of the participants were men and the average age of participants in the study was 72.

By looking into the health records of 171,015 patients on the medication and comparing them to a control group of 148,808, scientists observed a protective trend that lasted years.

The findings provide crucial insights into how heart rhythm can be managed in an aging population.

You can read the article here - <https://academic.oup.com/.../10.1093/ehjcvp/pvaf074/8269306>



YOU CAN HAVE CHEST PAIN, NORMAL ARTERIES — AND STILL BE AT RISK.

EVER HEARD OF INOCA?

Most haven't. But millions live with it — and many don't even know it.

Translational Medical Academy A new AI Platform

TRANSLATIONAL MEDICINE ACADEMY

have created a powerful scientific monitoring and platform network for scientific experts

Have you tried it out yet?

Academically active medical experts can connect and claim their profiles - it only takes a few seconds for those who already have an ORCID number!

TMA have also created a direct research facility that enables direct access to publications in just one click. You can also find experts by country too!

Translational Medicine Academy announced the launch of **ScienceLeadR**, a powerful scientific monitoring and network platform. ScienceLeadR helps catalyze collaboration across the Life Science ecosystem (experts, academia, industry) by harnessing artificial intelligence (AI) to turn insights into real-world impact.

The AI platform that connects life science experts and organizations through evidence-driven insights.



Empowering medical experts, academic organizations, and life sciences stakeholders to measure, manage, and maximize scientific impact and collaborations based on validated metrics and indicators.

The TMA team has also created a direct search facility that enables direct access to publications on a topic in one click, and can also scout experts by country.

87% of experts report stronger collaborations through ScienceLeadR connections

4M+ Qualified profiles

Maximize Your Scientific Reach Through Precision Data Approaches

Harness the power of precision data to expand your scientific reach. ScienceLeadR enables you to leverage targeted, data-driven insights to strategically identify opportunities, enhance collaboration, and amplify the impact of your research. Drive meaningful advancements and broaden your influence with tailored approaches that optimize your scientific outcomes.

For Medical Experts | For Organizations

These two tools continue TMA's work to bridge the gap between medical research and patient care.

You can find out more about ScienceLeadR on the link below - <https://scienceleadr.com/>

INOCA International

www.INOCAInternational.com

[@INOCAInternati1](https://twitter.com/INOCAInternati1)

N.B. Nothing in 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 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.

DR INDRA

Anniversary Fundraiser

For INOCA International's final diary attendance of 2025, we were delighted to attend the 10th Anniversary celebrations of the Dr Indra Functional Medicine Practice in Leeds.

This was an Anniversary Celebration with a difference, as the Dr Indra practice also used the occasion of their own achievements and celebrations to fundraise for three charitable causes including INOCA International!

The Dr Indra practice has always very kindly included us in their fundraising events and we were delighted to be able to attend this one in person and to have the opportunity to meet so very many of the team in person too and to make a short presentation about INOCA.

Thank you SO MUCH to Dr Indra, Dr Care and to all the team at the practice, for all your very kind and very much appreciated ongoing support of INOCA International - and many many congratulations to you all on being awarded Silver Status Accreditation too!

You can find out more about Dr Indra's practice here -

<https://drindra.co.uk/>

A very special Thank You goes to Dr Indra and her team for including INOCA International as one of the recipients of their recent fundraising event!

"THANK YOU SO MUCH!"



THE PROMISE TRIAL

European Heart Journal



Article Navigation

JOURNAL ARTICLE ACCEPTED MANUSCRIPT

Stratified treatment of myocardial infarction with non-obstructive coronary arteries: the PROMISE trial

Rocco A Montone, MD PhD

PROMISE Trial is the first trial evaluating the management of MINOCA patients. We demonstrated that a stratified treatment, based on comprehensive diagnostic assessment and aetiology-guided therapy, led to a significant improvement in angina-related health status. It's time for personalized medicine in MINOCA!

Is this more good news for the future of MINOCA treatment?

Researchers at four Italian centres randomly split participants into two groups:

- 45 patients were placed in the 'Stratified Treatment' group, (where further diagnostic testing was carried out to understand the underlying reason for the patient having MINOCA) and treatment was then given that targeted the diagnosed cause of the MINOCA event.
- 47 patients were placed in the 'Standard of Care' pathway group involving routine diagnostic assessment with coronary angiography (and recommended cardiac magnetic resonance imaging), but with no other testing was carried out.

Patients from both groups were given questionnaires to complete throughout the 12 months of the study.

The results of the study showed that patients in the 'Stratified Treatment' group (who underwent further diagnostic testing to identify the underlying cause of the MINOCA), reported better improvement in angina and quality of life over the 'Standard of Care' pathway group.

This is the first randomised trial to look at whether more in depth diagnostic testing would result in a better outcome for patients than the standard care many patients currently receive. More research is needed!

Here is the link to the Promise Trial -

<https://academic.oup.com/eurheartj/advance-article/doi/10.1093/eurheartj/ehaf917/8304468>

There is also a detailed write up here from TCT -

<https://www.tctmd.com/news/tailored-testing-and-care-ease-angina-minoca-patients-promise>

You can also read our Summary Sheet on MINOCA here -

<https://inocainternational.com/what-is-inoca/>

INOCA is not benign

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INOCA - Is it a Consideration in Cancer Survivors?

New Link Identified Between Past Radiotherapy and CMD:

For many cancer survivors, long-term heart health can be an increased priority. A July 2025 study from the American College of Cardiology has identified a potential long-term side effect of certain cancer treatments: the possible development of Coronary Microvascular Dysfunction (CMD).

The data suggests that radiotherapy in the chest area may contribute to the later development of CMD - a condition where the heart's smallest arteries fail to function correctly. The study emphasises that clinicians should proactively screen cancer survivors for these symptoms, moving toward a more stratified treatment approach that addresses the unique heart-health history of oncology patients. The publication can be found here -

<https://www.jacc.org/doi/full/10.1016/j.jaccas.2025.103795>.

Persistent Angina With Nonobstructive Coronary Artery Disease

Unmasking Coronary Microvascular Dysfunction Post-Oncotherapy

Philip Macanovic, BSc, MBBS,* Kevin Cheng, MA, MBChB,^{1,2} Anantharaman Ramasamy, MBChB, PhD,* John Baksi, BSc, MBBS, PhD,¹ Rasil de Silva, MBBS, BSc, PhD^{1,2}

ABSTRACT

BACKGROUND Coronary microvascular dysfunction (CMD) is frequently the cause of patients presenting with angina with nonobstructed coronary arteries and may have increased prevalence in cancer survivors.

CASE SUMMARY We report a case of refractory angina in a survivor of Hodgkin lymphoma, previously treated with radiotherapy and chemotherapy. After demonstrating unobstructed epicardial arteries, advanced diagnostics including quantitative stress perfusion cardiac magnetic resonance and invasive coronary physiology testing, revealed CMD as a likely sequela of oncotherapy and informed initiation of mechanism-specific treatment.

DISCUSSION CMD may represent an under-recognized cardiotoxicity of oncotherapy. This case highlights the value of formal, multimodal coronary microvascular function assessment to identify CMD and implement stratified management. Future systematic evaluation investigating the relationship and underlying mechanisms of oncotherapy in CMD is warranted.

TAKE-HOME MESSAGE In cancer survivors presenting with angina with nonobstructed coronary arteries, clinicians should have a high index of suspicion for CMD and consider systematic evaluation to guide stratified treatment. (JACC Case Rep. 2025;30:103795) © 2025 The Authors. Published by Elsevier on behalf of the American College of Cardiology Foundation. This is an open access article under the CC BY license (<http://creativecommons.org/licenses/by/4.0/>).

Patient Videos: Lauren's Story



From Archeology to Advocacy: Lauren's Journey with INOCA

While navigating the rigors of an archeology post graduate education, Lauren found herself facing an unexpected and much more personal challenge: a diagnosis of INOCA. In our latest patient spotlight, Lauren courageously details her path through a difficult diagnostic process to her current lived experience.

Lauren's story offers a raw and insightful look at how INOCA ripples through every aspect of a person's life—impacting family dynamics, friendships, and career aspirations. It also serves as a vital reminder that heart disease does not discriminate by age, highlighting the unique challenges faced by younger people living with chronic cardiac conditions. We are deeply grateful to Lauren for her openness, which helps bring much-needed visibility to the daily realities of living with non-obstructive coronary artery disease.

You can watch Lauren's 3 part video on the INOCA International website - <https://inocainternational.com/patient-stories/>

INOCA International truly is INTERNATIONAL!

The INOCA International website alone has had over 188,000 views and reaches 88% of the countries of the world, that's 170 out of 193 countries that have been reached by INOCA International! We also link to an online patient support group - Microvascular Angina Coronary Artery Spasm (Vasospastic) & CMVD Community supporting over 5,000 members and counting! As the saying goes, 'from small acorns, the mighty oak grows' and what a growth it is proving to be!

Thank you for your continued support.

INOCA International are raising global awareness AND are making a difference.

Just look at how many people we are reaching!

180,000+
INOCA International
website views



170 out of 193
Countries Reached
88%



54 Language
Groups



5,000+
Online Support
Group Members



When volunteers and world-class medical experts work together, amazing things happen!

We are truly grateful for the support we continue to receive worldwide, because without the very kind support from all of YOU, none of this would be possible!

www.INOCAInternational.com

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HOW YOU CAN HELP!

Join Our Community and connect with over 5,000 patients worldwide -
<https://www.facebook.com/groups/287960691855039>

Join our INOCA Facebook page and follow us on our social media platforms -
<https://www.facebook.com/groups/491395198372627>

Share this newsletter, tag healthcare professionals in posts and use **#INOCA**

Support Our Work and find out more about partnership opportunities
contact@inocainternational.com

Subscribe to our quarterly INOCA Newsletter - and share it with a family member or friend!

Because together - we are changing the reality for INOCA patients worldwide

THANK YOU!

At INOCA International we are constantly working behind the scenes on projects, studies and trials and attending global conferences and meetings to help raise awareness of the INOCA patient journey. However, our work is only made possible because of the truly extraordinary collaboration and support we receive.

OUR SINCERE GRATITUDE GOES TO:

★ **Our Medical Advisory Board** - Thank you for volunteering your world-class expertise, time, and dedication - and special thanks too, to all who participated at ESC Congress Meeting and Booth and in our NHS videos!

★ **Our Funders** - World Heart Federation, Translational Medicine Academy, Medical Education Global Solutions, and all the patients and professionals who so very kindly raise funds, make donations and volunteer their time to support our mission.

And to all those currently working with us on projects yet to be announced!

★ **Our Volunteers** - From translations, to this newsletter, to social media, to event support and to so much more, patient or professional, your generous contributions make everything possible!

★ **Healthcare Professionals** - Thank you to every doctor, nurse, researcher, and clinician who is working to improve INOCA awareness and care.

★ **Our Patient Community** 5,000+ strong and growing - your voices, your stories, your experiences and your support, inspire everything we do.

This, as with everything else we do here at INOCA International, is a collaborative achievement with the generosity of so very many others.

NEXT NEWSLETTER: SPRING 26

Until then, you can stay connected
[via our website at www.INOCAInternational.com](http://www.INOCAInternational.com)
[Via our social media platforms](#)
(QR codes on front cover)
[Via email contact@inocainternational.com](mailto:contact@inocainternational.com)

★ **Lauren** - Thank you for bravely sharing your story in our newsletter!

★ **Families & Supporters** - Thank you for supporting our volunteers while they gift their time to serve others.

To everyone who contributes, supports, believes, and participates -





Thank you for reading our first INOCA International Newsletter in 2026!

**Wishing you a 2026 filled with quiet joys, big dreams coming true
and precious moments that make your heart sing**

From all the team at INOCA International

www.INOCAInternational.com

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