

Quality of Life in Women and Men with Ischemia with No Obstructive Coronary Arteries (INOCA): A Patient Self-Report Survey from INOCA International



Ranasinghe S, Khan N, Bairey Merz CN, Wei J, George M, Berry C, Chieffo A, Camici PG, Crea F, Kaski JC, Marzilli M, Gulati M

INTRODUCTION

- The diagnosis of ischemic heart disease is traditionally thought to be in the presence of obstructive Coronary Artery Disease (CAD).
- Women with obstructive CAD have a relatively lower quality of life (QoL) compared to men
- Our understanding of gender and QoL in ischemia with no obstructive coronary arteries (INOCA) is limited.

METHODS

- We conducted a survey of patient members of UK-based INOCA International with an assessment of self-reported health measures.
- The online survey collection was made available from 10/27/2021 to 12/27/2021 and limited to one entry from a single IP address.
- Functional capacity was retrospectively estimated using the Duke Activity Status Index (DASI) assessing levels of activities performed before and after symptom onset.
- DASI Score was converted to metabolic equivalents (METs) using the following formula: $METs = (0.43 \times DASI + 9.6) / 3.5$

CONCLUSION

- INOCA is associated with adverse physical, mental and social health quality of life similar to obstructive CAD
- While INOCA is predominantly reported in women, functional capacity declines are associated with a greater impact on QoL in men compared to women in an international INOCA survey.
- These findings highlight the need for future studies to examine the QoL in INOCA including psychosocial gender- and sex-specific factors.



RESULTS

- Of the 1579 patient members of INOCA International, the overall survey completion rate was 21%, with 91% women and 93% reporting frequent symptoms
- Most common diagnoses overall included coronary microvascular disease (65%) and coronary artery spasms (51%).
- Functional capacity fell from before compared to after INOCA diagnosis for both women (8.6 ± 1.8 METs vs. 5.6 ± 1.8 METs respectively, $p < 0.00001$) and men (8.7 ± 2.0 METs vs. 6.1 ± 1.8 METs respectively, $p < 0.00001$).
- There were no statistically significant differences in functional capacity between men and women before or after INOCA onset
- Although both genders who experienced \downarrow in functional capacity had worse QoL, there was a significantly greater \downarrow in QoL (physical, mental & social health) for men vs. women (Figure 1).

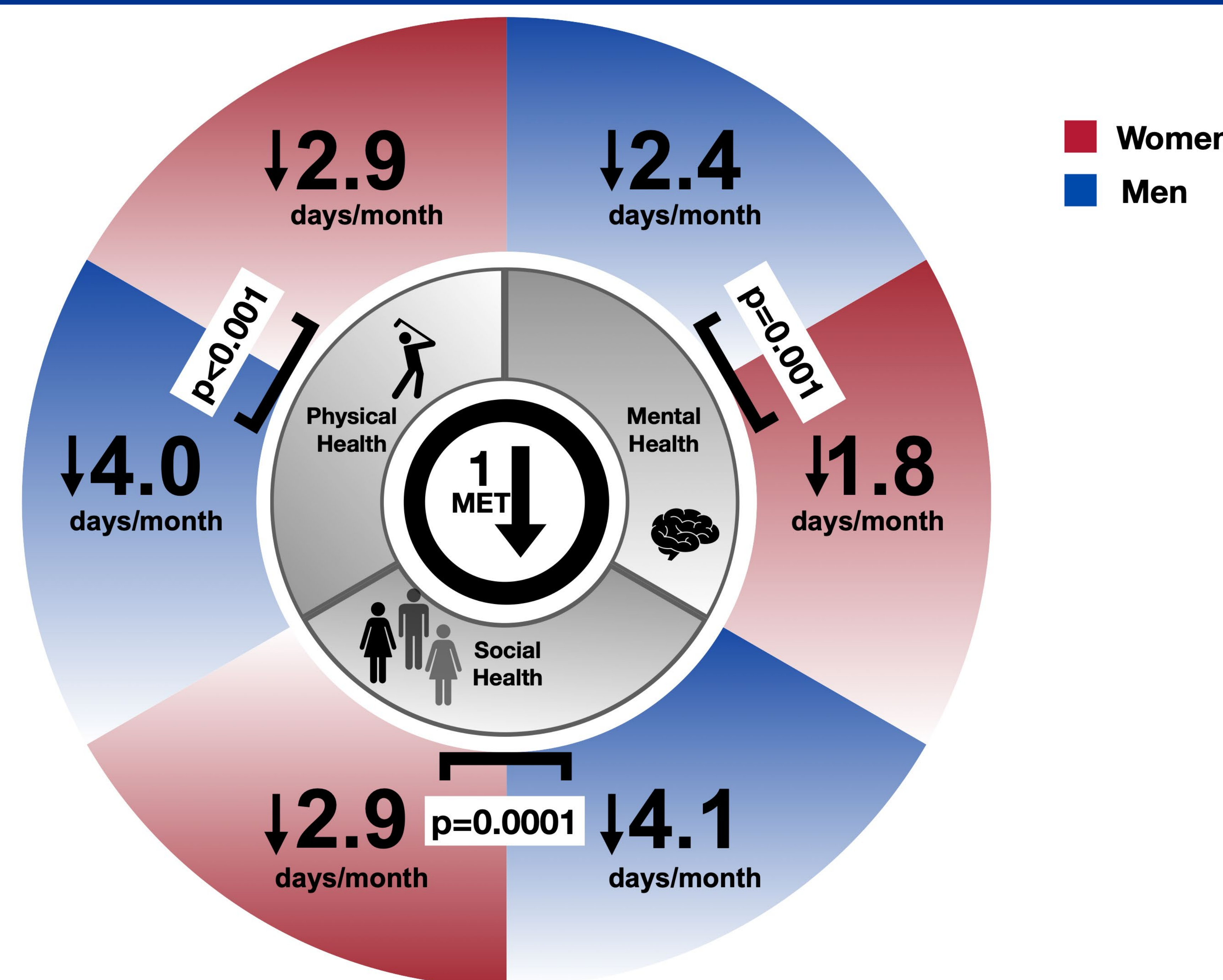


Figure 1. Decline in Functional Capacity and Impact on Quality of Life