

# Pacemakers & Defibrillators

## INFORMATION GUIDE



Other names:

- Implantable cardioverter-defibrillator (ICD)
- Automated external defibrillator
- Cardiac Pacemaker

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Brochures, Fact sheets

- American Heart Association
  - **Devices that May Interfere with ICDs and Pacemakers**  
<https://www.heart.org/en/health-topics/arrhythmia/prevention--treatment-of-arrhythmia/devices-that-may-interfere-with-icds-and-pacemakers>
  - **Living with Your Implantable Cardioverter Defibrillator (ICD)**  
<https://www.heart.org/en/health-topics/arrhythmia/prevention--treatment-of-arrhythmia/living-with-your-implantable-cardioverter-defibrillator-icd>
  - **Living with Your Pacemaker**
  - **What is a Pacemaker?** Access online at:  
[http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300451.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300451.pdf)
  - **What is an Implantable Cardioverter-Defibrillator (ICD)?**  
Access online at: [http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm\\_300449.pdf](http://www.heart.org/idc/groups/heart-public/@wcm/@hcm/documents/downloadable/ucm_300449.pdf)

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- Heart Rhythm Society
  - Pacemakers
  - **Implantable Cardioverter Defibrillators (ICD's)**Both available online at: <http://www.hrsonline.org/Patient-Resources/Patient-Information-Sheets>  
Scroll down and click on the title.

### Books

Cohen, Todd J. **A Patient's Guide to Heart Rhythm Problems.** Baltimore, MD: Johns Hopkins Press, 2010.

Hayes, David L. **Understanding Your Pacemaker or Defibrillator: What Patients and Families Need to Know.** Minneapolis, MN: Cardiotext Pub., 2012.

Kastor, John A. **You and Your Arrhythmia: A Guide to Heart Rhythm Problems for Patients & Their Families.** Sudbury, MA: Jones and Bartlett, 2006.

McFarland, Helen. **ICD Connection: Living with an Implantable Cardioverter Defibrillator: A Collection of Patient & Family Stories.** Ann Arbor, MI: MPublishing, 2015.

### Web Resources

- **American Heart Association: Arrhythmia**  
<http://www.heart.org/HEARTORG/Conditions/Arrhythmia>  
This section includes information on implantable devices.
- **Heart, Lung, and Blood Institute (NHLBI) – Sections on Pacemaker and Implantable Cardioverter Defibrillator**  
<http://www.nhlbi.nih.gov/>  
→ Click on “**See all Health Topics**” under the “**Health Topics**” Heading  
→ Click the letter “**I**” then “**Implantable Cardioverter Defibrillator**”  
→ Click on the letter “**P**” and then select “**Pacemakers**”  
These sections provide an easy-to-read overview of pacemakers or defibrillators including who needs them, how they work and lifestyle.

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- **Heart Rhythm Society**  
<http://www.hrsonline.org/Patient-Resources>  
This site provides accurate and clear information about cardiac arrhythmia disorders and includes information on treatment and devices.
- **UpToDate**  
<http://www.patients.uptodate.com/>
  - **Patient information: Pacemakers**
  - **Patient information: Implantable Cardioverter-Defibrillators**  
Type “Defibrillators” or “Pacemakers” into the “Search Patient Content” boxThese detailed, comprehensive overviews are based on professional literature reviews written for physicians. The overviews include some medical terminology and are suitable for readers seeking to gain in-depth understanding of coronary heart disease.

### Michigan Medicine Resources

- **The Cardiovascular Disease Prevention & Rehabilitation program** at Domino’s Farms offers a number of relevant program and services including:
  - Cardiac Rehabilitation Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management ServicesFor more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 888.287.1082
- **Tobacco Consultation Service**  
Group and individual quit-smoking programs.  
For more information access: <http://hr.umich.edu/mhealthy/programs/tobacco/> or call (734) 998-6222 or email [quitsmoking@med.umich.edu](mailto:quitsmoking@med.umich.edu)



### Websites of Heart Device Companies

- **Biotronik**  
<https://www.biotronik.com/en-us>  
This site provides information on conditions, procedures, and their devices.
- **Boston Scientific: LifeBeat**  
<http://www.lifebeatonline.com/>  
Information and an online newsletter for people with a heart device.
- **Medtronic**  
<http://www.medtronic.com/us-en/patients/treatments-therapies/pacemaker.html>  
Provides information on what a pacemaker is and gives information on the various pacemakers the company has to offer.
- **Abbott/St.Jude: Arrhythmias**  
<https://www.cardiovascular.abbott/us/en/patients/living-with-your-device/arrhythmias/pacemakers.html>  
This site provides information on arrhythmias and has information on the company's various devices.

### Patient Support Organizations

- **Heart Rhythm Society**  
<http://www.hrspatients.org/>  
(202) 464-3400

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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