

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>

University of Michigan Health Resources

- **Arrhythmia Young ICD Connection**
This is an annual all-day conference held in October for children and teen ICD recipients and their families. Contact Brynn Dechert-Crooks/Donna Wilkin at 734-936-9218 for more information.
- **Frankel Cardiovascular Center Events & Support Groups**
<https://www.umcvc.org/events-and-support-groups-frankel-cardiovascular-center>
- **The Cardiovascular Disease Prevention & Rehabilitation program** at Domino's Farms offers many relevant program and services including:
 - Cardiac Rehabilitation Program
 - Exercise Consultations
 - Nutrition Services
 - Stress Management Services

For more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation> or call: 888.287.1082

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- **How to Care for Yourself after Defibrillator (ICD) Insertion**
<http://www.med.umich.edu/1libr/CVC/DefibrillatorAfterCare.pdf>
- **ICD Education and Support Classes**
The program provides education and support to individuals who have been recommend to undergo an implantable cardioverter defibrillator (ICD) implant or who have recently received an ICD implant. Classes are held on the third Monday of each month from 3:00-4:00 pm at the U-M Frankel Cardiovascular Center. Book used in class:
ICD Connection: Living with an Implantable Cardioverter Defibrillator A Collection of Patient & Family Stories
Helen McFarland, RN
Book may be checked out in the Mardigian Wellness Resource Center, purchased on Amazon or downloaded for free from at
<https://open.umich.edu>
Contact the device program at 734-647-5499 for more information.
- **Sexual Health for Patients with an Implantable Cardioverter Defibrillator (ICD)**
<http://www.med.umich.edu/1libr/CVC/SexAfterICDImplant>
- **Social Work Support Services for Cardiovascular Patients and Families**
<http://www.med.umich.edu/1libr/CVC/SocialWorkCVC.pdf>
- **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

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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>
 - **What is a Pacemaker?**
<https://www.heart.org/-/media/files/health-topics/answers-by-heart/what-is-a-pacemaker.pdf>
 - **What is an Implantable Cardioverter-Defibrillator (ICD)?**
<https://www.heart.org/-/media/files/health-topics/answers-by-heart/what-is-an-icd.pdf>
- Heart Rhythm Society
 - **Pacemakers**
 - **Implantable Cardioverter Defibrillators (ICD's)**
<https://upbeat.org/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.

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McFarland, Helen. **ICD Connection: Living with an Implantable Cardioverter Defibrillator: A Collection of Patient & Family Stories.** Ann Arbor, MI: MPublishing, 2013.

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

Web Resources

- **Adult Congenital Heart Association**
<https://www.achaheart.org/>
This organization works toward supporting individuals and families living with congenital heart disease and advancing care and treatment.
- **American Heart Association: Arrhythmia**
<https://www.heart.org/en/health-topics/arrhythmia>
This section includes information on implantable devices.
- **Brugada Foundation**
<http://www.brugada.org>
This organization provides information on arrhythmia, sudden cardiac death and Brugada Syndrome.
- **Heart, Lung, and Blood Institute (NHLBI) – Sections on Pacemaker and Implantable Cardioverter Defibrillator**
<http://www.nhlbi.nih.gov/>
→ Click on “**Health Topics**” then “**Health Topics A-Z**”
→ Click the letter “**I**” then “**Implantable Cardioverter Defibrillator**”
→ Click on the letter “**P**” and then select “**Pacemakers**”
These sections provide easy-to-read overviews 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.
- **Hypertrophic Cardiomyopathy Association (HCMA)**
<http://www.4hcm.org>
The HCMA works toward improving the lives of those with hypertrophic cardiomyopathy.
- **Parent Heart Watch**
<http://www.parentheartwatch.org>
PHW is dedicated to protecting youth from sudden cardiac arrest and preventable sudden cardiac death.
- **SADS Foundation (Sudden Arrhythmia Death Syndrome)**
<http://www.sads.org>
SADS works to help save lives and give support to families of children and adults who are genetically predisposed to sudden death due to heart rhythm abnormalities.
- **Sudden Cardiac Arrest Association (SCAA)**
<http://www.suddencardiacarrest.org>
The Sudden Cardiac Arrest Association (SCAA) is an organization singularly focused on sudden cardiac arrest.
- **University of Michigan Health Frankel Cardiovascular Center**
<https://www.umcvc.org/>
The University of Michigan Samuel and Jean Frankel Cardiovascular Center is on the forefront of innovative, advanced efforts to combat the magnitude of cardiovascular disease.



- **UpToDate**

<http://www.patients.uptodate.com/>

- **Patient information: Pacemakers**
- **Patient information: Implantable Cardioverter-Defibrillators**
Type “Defibrillators” or “Pacemakers” into the “Search Patient Content” box

These 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.

Websites of Heart Device Companies

- **Abbott**

<https://www.cardiovascular.abbott/us/en/home.html>

This site provides information on arrhythmias and has information on the company’s various devices.

- **Biotronik**

<https://www.biotronik.com/>

(800)547-0394

This site provides information on conditions, procedures, and their devices.

- **Boston Scientific (formerly Guidant)**

<http://www.bostonscientific.com>

(866)484-3268

Information and an online newsletter for people with a heart device.

- **Medtronic**

<http://www.medtronic.com/> (800)551-5544

<http://www.asktheicd.com/>

Provides information on what a pacemaker is and gives information on the various pacemakers the company has to offer.

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Published Articles

Hazelton, A. Garrett, et al. **Coping with My Partner's ICD and Cardiac Disease.** *Circulation*, vol. 120, no. 10, 2009, e73-e76,
<https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.109.877613>

Kirian, Kari B., et al. **How to Respond to an Implantable Cardioverter-Defibrillator Recall.** *Circulation*, vol. 119, no. 5, 2009, e189-e191,
<https://www.ahajournals.org/doi/full/10.1161/circulationaha.108.810606>

Sears, Samuel F., et al. **How to Respond to an Implantable Cardioverter-Defibrillator Shock.** *Circulation*, vol. 111, no. 23, 2005, e380-e382,
<https://www.ahajournals.org/doi/10.1161/circulationaha.104.508663>

Vazquez, Lauren D., et al. **Sexual Health for Patients with an Implantable Cardioverter Defibrillator.** *Circulation*, vol. 122, no. 13, e465-e467,
<https://www.ahajournals.org/doi/full/10.1161/circulationaha.110.949628>

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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