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 complete, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at http://www.umcvc.org/mardigian-wellness-resource-center

Brochures, Fact sheets

- American Heart Association
  - Living with Your Pacemaker
  - 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

- 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

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


**Audiovisual Resources**
- An interactive tutorial on MedlinePlus.gov - Pacemaker
  → Click on “Videos & Tools” near the top of the page
  → Click on “Surgery and Videos”
  → Scroll down under “Blood, Heart and Circulation” and select the videos under “Pacemakers and Implantable Defibrillators”
These videos provide greater detail on the implanting procedure.

**Web Resources**
- American Heart Association: Arrhythmia
  [http://www.heart.org/HEARTORG/Conditions/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**
  → Click on “See all Health Topics” under the “Health Topics” Heading
  → Click on the letter “I” then on “Implantable Cardioverter Defibrillators”
  → 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.
• 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.uptode.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.

University of Michigan 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 Services  
  For 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
Websites of Heart Device Companies

- **Biotronik**
  [https://www.biotronik.com/en-us](https://www.biotronik.com/en-us)
  This site provides information on conditions, procedures, and their devices.

- **Boston Scientific: LifeBeat**
  Information and an online newsletter for people with a heart device.

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

- **St. Jude Medical**
  → Click on “Arrhythmias”
  This site provides information on arrhythmias and has information on the company’s various devices.

Patient Support Organizations

- **Heart Rhythm Society**
  (202) 464-3400.