

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. These resources may be found 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.
- **Cardiac Implantable Device Replacement Procedure**
<https://www.med.umich.edu/1libr/CVC/GeneratorReplacement.pdf>
- **Devices that May Interfere with ICDs and Pacemakers**
<https://www.med.umich.edu/1libr/CVC/MagnetPrecautionDevicesPatientLetter.pdf>
- **Frankel Cardiovascular Center Events & Support Groups**

<https://www.umcvc.org/events-and-support-groups-frankel-cardiovascular-center>

- **How to Care for Yourself after Defibrillator (ICD) Insertion**

<http://www.med.umich.edu/1libr/CVC/DefibrillatorAfterCare.pdf>

- **How to Care for Yourself after Pacemaker Insertion**

<https://www.med.umich.edu/1libr/CVC/PacemakerAfterCare.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 by 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.

- **Living with an ICD: How to Respond to ICD Shock**

<https://www.med.umich.edu/1libr/CVC/LivingwithICDHowtoRespondtoShock.pdf>

- **Michigan Medicine Abnormal Heart Rhythms and Devices page on the Care Guides from Your Clinician site**
<https://careguides.med.umich.edu/browse-by-medical-service/heart-rhythms>
- **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
- **What is an Implantable Cardioverter-Defibrillator (ICD)?**
<https://www.med.umich.edu/1libr/CVC/WhatIsAnICD.pdf>
- **What is a Pacemaker?**
<https://www.med.umich.edu/1libr/CVC/WhatIsAPacemaker.pdf>
- **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

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>

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.

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**

Can follow through Facebook

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.

- **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.

- **Pacemakers**

<https://upbeat.org/common-treatments/pacemakers>

- **Implantable Cardioverter Defibrillators (ICD's)**

<https://upbeat.org/common-treatments/implantable-cardioverter-defibrillator>

- **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)**
https://associationdatabase.com/aws/SCAA/pt/sp/home_page
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.

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.

Disclaimer: This document contains information and/or instructional materials developed by University of Michigan (U-M) Health for the typical patient with your condition. It may include links to online content that was not created by U-M Health and for which U-M Health 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.

Document #024
Amy Hyde, MILS- Mardigian Wellness Resource Center Librarian
Last Revised 09/2024