

MARK YOUR CALENDARS !

ICD Support Group

What: Living with my ICD

Shocks, evaluating symptoms, travel, emergency planning, exercise.....Denise Grimes with the TCI Arrhythmia service will discuss what's new with ICDs and answer any questions you may have.

Who: ICD patients, families and friends

When:

Where: Ingham Regional Medical Center Education Building, classroom B. This building is located on the corner of Washington and Green lawn Avenues. There is parking on the north side of the building with additional parking in the Professional Building parking lot.

How: Enter the front door and follow the signs

There is no charge for any of the support group activities. Questions? Contact the Arrhythmia Service at 517-483-7554.

MAILING COSTS CONTINUE TO RISE. IF YOU ARE NOT INTERESTED IN RECEIVING THE SUPPORT GROUP NEWSLETTER, PLEASE LET US KNOW.

NOTES FROM THE LAST SUPPORT GROUP MEETING

Electromagnetic interference and ICDs was the topic of discussion at the last support group meeting. Linda McMath, Medtronic engineer presented the latest information on electrical and magnetic equipment and the effects on today's ICDs.

Linda explained that items that generate, transmit or use electricity have electromagnetic fields around them. Although the ICD is built with protective shields, some of these electromagnetic fields might affect the normal operation of the ICD. If the electromagnetic field surrounding an item is too close to the ICD, the device could detect these fields and temporarily affect the normal function of the device. The same effect could occur if the item being touched is not in good working order or properly wired, causing electrical current to flow into your body. In either situation, this may temporarily cause the ICD to deliver a therapy that is not needed or withhold a therapy that is needed. In order to avoid any temporary effect on the ICD, you should only use electrical equipment that is in good working condition and maintain a minimum distance between certain

items and the ICD. If you feel dizzy, feel rapid or irregular heartbeats or receive a shock while using an item, release whatever you're touching and move away from it. Any temporary effect is unlikely to cause reprogramming or damage to your ICD and it will return to its normal operation. If your symptoms continue or do not improve, contact your doctor.

Linda provided provided the following list of items posing **no known risk** to the ICD patient:

- Battery charger
- Casino slot machine
- CD/DVD/VHS player or recorder
- Dishwasher
- Electric blanket, heating pad
- Garage door opener
- Hot tub
- Ionized air filter
- Iron
- Kitchen appliances
- Microwave oven
- Massage chair/pad
- Remote controls
- Salon hair dryer
- Shaver-battery powered
- Tanning med
- TV
- Copy machine, fax machine, printer, scanner
- Computer
- Pager
- GPS
- Residential power lines
- Theft detection systems when walking through at normal pace
- Flashlight, laser level, soldering iron, stud finder
- Acupuncture
- Bone density test xray or ultrasound
- Dental drills, ultrasonic scaler/cleaner
- X-rays, EKG, mammogram, PET scan, laser surgery
- Sleep apnea machine
- Hearing aid

The following items have **minimal risk** with use; maintain a 6 inch distance between the item and the ICD:

- Hand held hair dryer, electric mixer or knife, electric shaver, electric toothbrush charging base
- Antenna of radio controlled items, wireless electronics
- Motor of vacuum cleaner, treadmill, electric grocery or golf cart, sewing machine/serger