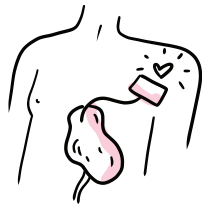


Living with a Cardiac Device: What You Need to Know

What Are Cardiac Devices?

Cardiac devices are lifesaving technologies designed to manage heart conditions and improve quality of life.

These devices include pacemakers, implantable cardioverter-defibrillators (ICDs), cardiac resynchronization therapy (CRT) devices, and Left Ventricular Assist Devices (LVADs). Understanding their purpose and how they work can help you or a loved one integrate them into daily life.



Common Types of Cardiac Devices

Pacemakers:

- Help regulate slow or irregular heart rhythms.
- Use electrical pulses to maintain a steady heartbeat.
- Implanted under the skin near the collarbone with leads connecting to the heart.

Implantable Cardioverter-Defibrillators (ICDs):

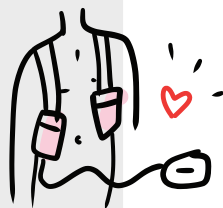
- Monitor and correct life-threatening arrhythmias.
- Deliver electric shocks to restore normal heart rhythm.
- Essential for preventing sudden cardiac arrest.

Cardiac Resynchronization Therapy (CRT):

- Coordinates the heart's contractions for patients with heart failure.
- Improves the heart's pumping efficiency and blood flow.

Left Ventricular Assist Devices (LVADs):

- Mechanical pumps that assist the heart in delivering blood to the body.
- Used for severe heart failure as a bridge to transplantation or long-term therapy.



Living with a Cardiac Device

1 Follow Medical Advice

- Attend all follow-up appointments to monitor device function.
- Learn about your device, including its settings and emergency protocols.
- Report any unusual symptoms, such as dizziness or fatigue, to your doctor immediately.

2 Monitor Your Device and Health

- Use home monitoring systems if available to check your device's status.
- Keep a diary of symptoms and share it with your healthcare team.
- Know how to identify potential issues, like signs of infection at the incision site.

3 Lifestyle Adjustments

- Avoid strong magnetic fields and keep electronic devices, like cell phones, at least 6 inches from your cardiac device.
- Inform airport security about your device to avoid interference.
- Follow activity guidelines, starting with low-intensity exercises and gradually increasing intensity under medical supervision.

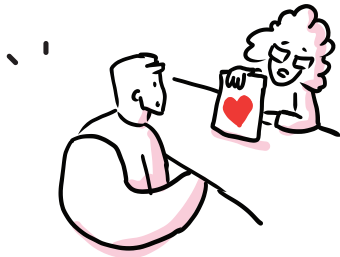
4 Emotional and Psychological Well-Being

- Practice stress-reducing techniques, like mindfulness and meditation.
- Join support groups, such as the HeartLife community, to connect with others.
- Seek counseling if you experience anxiety or depression related to your device.



Traveling with a Cardiac Device

- Always carry a medical device ID card.
- Notify airline staff about your device before going through security.
- Pack extra supplies, such as batteries for LVADs, and know the location of nearby hospitals at your destination.



Take Action Today

Living with a cardiac device can feel overwhelming, but with proper care and support, it can significantly enhance your quality of life. Stay informed, adhere to medical advice, and build a strong support network to navigate this journey confidently.

Mission

The HeartLife Foundation is a patient-driven charity whose mission is to transform the quality of life for people living with cardiovascular diseases by engaging, educating, and empowering a global community. We aim to create lasting solutions, drive innovation, and build healthier lives for patients, caregivers, and families worldwide.

For more information on cardiac devices and other support please visit us at heartlife.ca/academy/
heartlife.academy

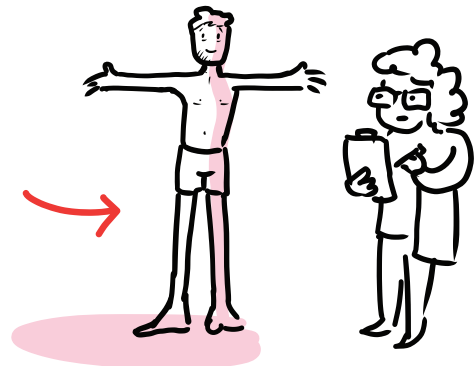


www.heartlife.ca

It's About Life, Not Failure™
Charitable Registration No. 76199 7493 RR0001.

Key Questions to Ask Your Doctor:

1. How does my cardiac device work?
2. Are there specific activities or environments I should avoid?
3. What symptoms should I watch for that might indicate a problem?
4. How often do I need follow-up appointments?



For more support, information and resources, visit heartlife.ca, a leading patient led heart health charity.

HeartLife Foundation

Canada's patient-led heart failure charity
"It's About Life, Not Failure™"

