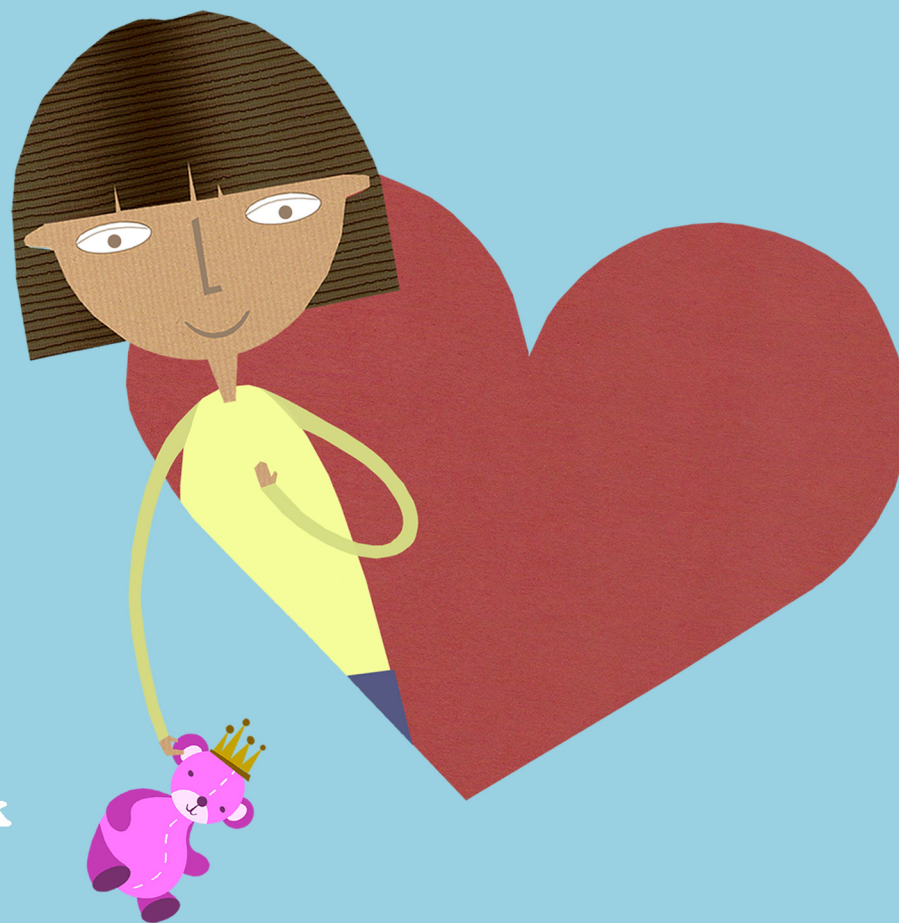


Emily's ICD

www.heartrhythmcharity.org.uk

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BIG WORDS

Cardiologist

A heart expert

Electrocardiogram (ECG)

A machine that records your heartbeat

Implantable Cardioverter Defibrillator

A small device placed under your skin, which monitors your heart rhythm and can deliver electrical treatments

Cardiac Electrophysiologist

A special heart rhythm doctor

Word Search How many words can you find?

Words can be found forwards, backwards and diagonally.

T A L Y R B E A H O S P A L I
H L S D J A E D A D Y K U L B
B E A D F L B E A T R A E H E
N D L A T I P S O H O I T L A
D N S D C A M E N I H C A M G
F T R T S I G O L O I D R A C

CARDIOLOGIST, RATE, ICD, HOSPITAL, MACHINE, DADDY, FAST, HEART
BEAT

Pants... check. Socks...check. Toothbrush...check.
Princess Puffy...check.

I was all ready for my trip to the hospital to get my heart fixed.

I kept getting a fluttering feeling and would often get dizzy, like I had been running round in circles lots of times.

Sometimes my heart would flutter so much and I would get so dizzy that I would faint. I didn't like it when that happened, everything would go black and I would wake up feeling scared and very tired.





A couple of weeks ago dad took me to see Dr. Jo White, a special heart doctor. Another name for a heart doctor is a **Cardiologist** (**car-dee-olo-jist**).

Dr. Jo listened to my heart, then she used a machine called an **Electrocardiogram** (**El-ec-trow-car-dee-o-gram**) to see if there was anything wrong with my heart rate.

I had to sit **VERY** still and have some sticky pads on my chest. They were attached to the electrocardiogram machine. It didn't hurt one bit, in fact it tickled!

A really long piece of paper with a squiggly red line on it reeled out. This showed Dr. Jo exactly how my heart was working.

The machine showed that my heart was beating too fast.

That meant that not enough blood was being pumped around my body.

That is why I sometimes felt dizzy or would faint.



Then Dr. Jo showed me a tiny box with a really long name... an **Implantable Cardioverter Defibrillator** (**Im-plant-a-bul car-dee-o-ver-ter de-fib-rill-ay-tor**) also known as an **ICD**.

She told me that an ICD is like a small computer and battery. It would be placed just under the skin on my chest and connected to my heart.

If my heart beats too fast the ICD will give a burst of extra beats to bring it back to a normal speed, which I wouldn't even notice.

If that doesn't work then it can give my heart a little shock, which I would feel happen but not for very long.

Dr Jo. said that my ICD would make me feel better. I liked the sound of that. So we arranged a date to go to the hospital and get my heart fixed.





At the hospital the nurses and doctors were really friendly. They showed me to my bed and gave me a bracelet with my name on it and my own pyjamas.

They explained that I would be asleep for a little bit. Whilst I was napping the doctor would fit my ICD. I was reassured that I wouldn't hear, feel or remember anything!

After I made myself comfortable, the nurse gave me some special medicine which made my eyes feel heavy and sleepy.

Then I was wheeled down the corridor on my bed to have my operation. I was really nervous but dad was holding my hand all the way. I was so tired and could feel my eyes closing...

I don't remember anything after that until I woke up back on the hospital ward feeling tired and groggy. Dad was there still holding my hand.

I had a big plaster across my chest where my ICD had been put in. It felt a bit sore but the nurse said that it would heal quickly.

I was happy and excited to go out and test my brand new ICD but I had to stay in hospital overnight, just to make sure everything was working properly.



I haven't felt my ICD working yet but I don't feel dizzy anymore and I haven't fainted.

I occasionally see another special heart rhythm doctor called a Cardiac electrophysiologist (**car-dee-ak el-ec-trow-fis-ee-olo-jist**) to make sure my ICD is working.

I also have a card I keep with me all the time that tells people about my heart condition.

Now my heart is fixed and I feel great!



Arrhythmia Alliance

The Heart Rhythm Charity

Promoting better understanding, diagnosis,
treatment and quality of life for individuals
with cardiac arrhythmias.

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Please be aware that this publication includes a fictional story. The medical content of this booklet is accurate and approved but it is always necessary to discuss an individual's condition with their own doctor. This book should be read with the assistance of an adult.

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