



The ICD Support Group of Manitoba

THE ICD SUPPORT
GROUP OF MANITOBA

Volume 2 - April 2008

Fall 2007 Meeting

A support group meeting was held on September 25, 2007 at the St. Boniface General Hospital Research Centre. About 80 ICD patients and family members listened to interesting and informative presentations by Dr. George Kaoukis, Psychologist and Dr. Kevin Wolfe, Director of Arrhythmia Services, Winnipeg Regional Health Authority. A lively question and answer period followed the presentations.

Spring 2008 Meeting Tuesday May 6, 2008

Come join us for an informative evening with :

- **Beverly Burton-Guindon**, Cardiac Rehabilitation Services Manager at The Reh-Fit Centre. In addition to talking about the Cardiac Rehabilitation Program, Beverly will also provide us with ideas on how to maintain a healthy lifestyle.
- **Nikki Makar**, Individual Benefits Consultant with Manitoba Blue Cross. Nikki will share with us everything we ever wanted to know about travel insurance.

7:00 P.M.—9:00 P.M.
ST. BONIFACE GENERAL HOSPITAL RESEARCH CENTRE
G. CAMPBELL MACLEAN BUILDING
351 TACHE AVENUE
SAMUEL N. COHEN AUDITORIUM, MAIN FLOOR

Refreshments and the opportunity to meet casually with other ICD recipients, family members and Clinic staff will follow the presentations. Parking is available in the South parking lot of the Hospital which is adjacent to the Research Centre at a cost of \$3.00 for the evening. The Research Centre is the large building at the south end of the Hospital. Look for the large sign at the top of the building. See enclosed map.

NO NEED TO CONFIRM YOUR ATTENDANCE.

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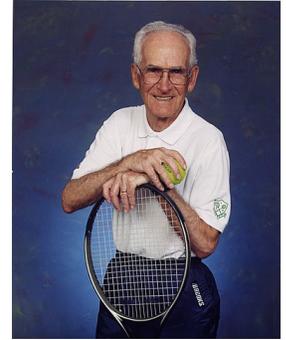
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VOLUNTEER BOARD OF DIRECTORS

- Larry Sherman, President
- Bob Mondy, Treasurer
- Greg Smith, Volunteer Coordinator & Director
- Lori Trapp, Director
- Jake Suderman, Director



Meet Jake Suderman — ICD recipient & Support Group Board Member



Hi, My name is Jake Suderman, and yes I have a defibrillator and I suppose so do you. Allow me to share with you a bit from the heart. What else can I talk about that you share with me?

A little background. I picked up the game of tennis when I was about 50 years of age. Four years later after playing about two hours of tennis I wasn't feeling very well but I didn't know why. I thought it was because I didn't have lunch. When I got home they took me straight to the hospital. I'd had a heart attack.

I got over that the usual way; hospital, discharge, walking and you know the rest. In a couple of months I was back playing tennis again and everything seemed to be OK - and it was for sixteen years. Then during a tennis tournament I blacked out and collapsed on the court. I had an arrhythmia attack but was back on the court again in a few days. Everything went well for about nine months and then I had a cardiac arrest while celebrating my wife's birthday at the Forks. Things seemed to be serious. I spent the next three weeks in hospital but don't ask me what happened during those three weeks because I don't know. I was not in a coma but only in the present. If you were visiting me I almost seemed normal (my wife doubts that) but the minute you left the room I didn't know that you were there.

I want to answer the question, "What does my defibrillator do for me?" It does a lot! Because of my tennis I often travel alone. I go where the tournaments are and that could be Regina, Saskatoon, Calgary, Edmonton or Vancouver. Obviously this always gives my wife a real concern and it would me too if it wasn't for my defibrillator. My defibrillator is my life line and who doesn't want a life line. It gives me the confidence that I need to travel alone and be self assured that nothing is going to happen that I will not be able to control. I did a lot of research after I received my defibrillator and I think it makes us safer people behind the wheel of a car than the ordinary public. What more can we ask?

So thank God for your defibrillator and enjoy life.

Profile on The Pacemaker / Defibrillator Clinic by Dianne Brown RN

Pacemaker Clinics were first established in the early 70's with the Health Sciences Centre clinic being one of the first in Canada. The first two defibrillator patients were seen at the clinic in 1989 after having received their devices in London, Ontario and of note, both men continue to attend their appointments. We started implanting ICD's in Winnipeg in 1993. In November 2006 Health Sciences Centre and St. Boniface Cardiology departments amalgamated to form The Cardiac Sciences Program at St. Boniface General Hospital which includes the Pacemaker / Defibrillator Clinic. Our Clinic now numbers approximately 4,000 patients, 500 of who have ICD's. We also follow a pediatric population who have pacemakers or defibrillators. Our youngest patient received her pacemaker when she was two days old and our youngest ICD patient received her device at eight months of age. The nurses who work in the clinic all have I.C.U. and/or cardiology backgrounds and receive special training and ongoing support and education from senior staff, our Cardiologists, conferences and industry. The focus of our clinic is patient centered to provide you and your significant others with the care, support and education that you may require.

CLINIC STAFF

CARDIOLOGISTS

Dr. Kevin Wolfe - Medical Director
 Dr. Sach Sinha
 Dr. Colette Seifer
 Dr. Ali Khadem

CLINIC CO-ORDINATOR

Kerry Liebrecht

PACEMAKER & DEFIBRILATOR NURSES

Jan Polson
 Dianne Brown
 Barb Champagne

PACEMAKER NURSES

Pat Porteous
 Roxanne Spagrud
 Linda Jackson

Maria Higgins

Esther McGimpsey

SECRETARIES

Cindy Lo
 Corrie Swenarchuk
 Denise Bourre
 Lisa Kalic



Did you know.....??

WHAT DOES IT MEAN WHEN MY DEVICE IS ON ADVISORY? by Barb Champagne RN

There are several companies which manufacture pacemakers, defibrillators and leads (wires) which are used world wide to treat potentially life threatening heart arrhythmias. The advances that have been made in this area of medicine over the past 20 years are phenomenal, with new technology emerging every year. I'm sure many of you have had a chance to examine the devices in the showcase in our clinic. Without the research and development teams striving to improve their products, we would not have advanced to where we are today. All companies have quality assurance teams which monitor the performance of their devices and provide feedback to the Pacing/Defibrillator community, as well as their research and development engineers.

We know that we will never have a 100% guarantee on any device or lead. However, the risk of a problem is extremely small. If the quality assurance teams detect a slightly increased rate of problems with a lead or device, they issue an "advisory". This is a sharing of information they have compiled world wide on that particular device. Your care providers are made aware of what problem may occur and how best to monitor their patients.

All companies in the pacing/defibrillator field have, at one time or another, issued advisory statements about one of their products. When this happens, the Medical Director of our clinic reviews the information and decides how best to proceed. For the most part, continued observation and monitoring is the strategy chosen. The safety of these devices is still extremely high, and replacing them would pose a higher degree of risk to an individual.

Many of you are aware that Medtronic issued an "Advisory" on one of its defibrillator leads in October 2007. We have contacted all the individuals who have the model of lead identified and made them aware of what to watch for and report to us. While we understand it can be very upsetting to be given this information, we feel it is important that you are made aware. Your safety is our highest priority!

WHY SHOULD I CARRY MY INTERROGATION REPORT WITH ME? By Kerry Liebrecht RN

Your printouts are given to you each time you have your ICD interrogated. During office hours the settings are available if you require urgent care. During off hours the chart must be pulled and the information interpreted and provided by medical records technologists. This may lead to a delay in your receiving optimal care in an emergency. By having the printout readily available you are helping your physician help you.

WHY DOES AN ICD RECIPIENT HAVE TO AVOID AN MRI? By Kerry Liebrecht RN

The MRI or Magnetic Resonance Imaging test has the potential to disable the sensing circuit of your ICD. Therefore it is not advisable to have this test done. It is one of the screening questions on the requisition submitted by your physician.

ELECTROSURGERY / CAUTERY & ICD'S by Jan Polson RN

Definition: Cauterization (ie. burning) by means of a wire, heated by electricity that is either direct or alternating current.

The use of electrocautery is sometimes necessary during surgical or non-surgical procedures. When used there is a potential to produce Electromagnetic Interference or EMI. Some types of EMI can decrease the ability of the ICD's filter to identify the heart rhythm and interpret it as increased heart rate. This can cause the device to deliver therapy that is inappropriate and unnecessary. If the EMI is excessive it could damage the devices circuitry.

POINTS TO REMEMBER (for you and/or your Doctor)

- Therapies or detections should be programmed off during the procedure.
- Bipolar cautery should be used whenever possible as it uses a more defined & shorter current path which reduces the risk of interference.
- If unipolar cautery is used then the electrosurgical site and the ground plate should not cross the ICD lead system.
- Short bursts of cautery are preferable to prolonged application.
- Battery powered cautery will not interfere with the ICD because it does not produce strong enough EMI.
- **PLEASE CALL THE CLINIC IF YOU OR YOUR DOCTOR HAVE ANY QUESTIONS OR CONCERNS.**



**THE ICD SUPPORT GROUP OF
MANITOBA**

CONTACT INFORMATION

MAILING ADDRESS:

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Board Members - Contact List

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WEB SITES TO CHECK OUT:

- For patient information on Cardiac Services at St. Boniface General Hospital.
 - www.umanitoba.ca/faculties/medicine/units/cardiac_sciences/patientinfo.htm
- This very large site is called "The Zapper" and it is run by a fellow by the name of Jon Scott Duffy. It contains an amazing amount of information including a huge "chat" area.
 - www.zapliflife.org
- Want to see some entertaining clothing apparel and merchandise for ICD patients?
 - www.MedTees.com

INTERESTED IN HELPING OUT?

Our small group of loyal volunteers is still just that - small. If you can help us out in organizing support group meetings, preparing this newsletter (computer skills would be handy) or if you would like to join the board please contact one of the board members listed above.

FEEDBACK IS ALWAYS WELCOME

We want to deliver value to you and your families in everything we do. In order to know if we are on the right track we'd love to hear from you. Don't hesitate to call or email and let us know how we are doing or if you have suggestions for an article in the newsletter, questions for the Did you know?? column or have a presenter in mind for a support group meeting or anything else that's on your mind.