



The ICD Support Group of Manitoba

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Volume 6 - May 2010

Spring 2010 Support Group Meeting Saturday June 12, 2010

Please join us for an informative meeting with Dr. Ali Khadem from the Pacemaker / Defibrillator Clinic at St. Boniface General Hospital. Dr. Khadem will be joined by a nurse from the Clinic, plus we are hoping to have a manufacturer's representative in attendance as well.

RECEPTION: 1:30 P.M.
GUEST SPEAKER: 2:15 P.M.— 3:30 P.M.

**ST. BONIFACE GENERAL HOSPITAL RESEARCH CENTRE
G. CAMPBELL MACLEAN BUILDING
351 TACHE AVENUE
SAMUEL N. COHEN AUDITORIUM, MAIN FLOOR**

The closest parking lot is at the south end of the Hospital (near Emergency). The Research Centre is the large building at the south end of the Hospital closest to Tache Ave.

There is no need to confirm your attendance.

NOVEMBER 2009 MEETING OVERVIEW

Dr. Colette Seifers presentation entitled "Living With Your ICD" provided us with an overview of the evolution of the ICD. The first successful defibrillation of an exposed human heart took place in 1947. 1956 saw the first successful external defibrillation. These devices have transformed over the years to where "AED's" (Automated External Defibrillators) are now commonly available in many public places. The first implanted defibrillator prototype was made in 1970 with the first human implant taking place ten years later. In 1985 ICD's were released on the market and there are now five companies licensed to sell them in Canada. These devices were originally large and bulky but they have developed over the years into much smaller and highly sophisticated life saving devices (see picture below). Dr. Seifer reminded us that an ICD's job is to identify and treat abnormal heart rhythms. There are two main groups of people that need an ICD. There are those who have had a life threatening abnormal heart rhythm and those who are at risk of having an abnormal heart rhythm. As has been mentioned before there are several things that need to be avoided by people with an ICD. These include: high intensity electromagnetic fields such as TV/radio transmitting towers, power plants, power lines, large generators, heavy electrical equipment such as chain saws and arc welding equipment; industrial strength magnets and TENS machines.



Inside this issue:

<i>Meet Kerry Liebrecht</i>	2
<i>Brandon Initiative</i>	2
<i>People Changes</i>	2
<i>Did you know.....??</i>	2,3
<i>Contact Information</i>	4
<i>Web sites of Interest</i>	4
<i>In Appreciation</i>	4

VOLUNTEER BOARD OF DIRECTORS

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



Meet Kerry Liebrecht — Nursing Coordinator, Pacemaker Clinic

Kerry is the Nursing Coordinator of the Pacemaker clinic at St. Boniface General Hospital. She is responsible for organizing, directing and monitoring the daily activities of the clinic, ensuring each patient is appropriately followed up. She is also responsible for making sure the nurses receive the training and education needed to follow each patient and to meet their individual needs. In collaboration with the physician she reviews and assesses the referrals for devices and schedules implants in a timely manner. Kerry also maintains the wait list for implants. She graduated from the Misericordia Hospital School of Nursing and has previously worked in Intensive Care and Recovery Room. She has worked in a Pacemaker Clinic since 1988 starting at Misericordia Hospital. In 1999 Kerry moved to the Health Sciences Centre Pacemaker Clinic and at that time became involved in caring for patients with implantable defibrillators. The Pacemaker Clinics at St. Boniface Hospital and Health Sciences Centre amalgamated in November 2006 at St. Boniface Hospital. Today the Clinic follows approximately 4500 pacemaker patients and 750 patients with implantable defibrillators.



Kerry is married and has two adult daughters.

Brandon and area - local support group meetings

We fully intend to hold more “get togethers” in Brandon. If you would like your name added to the invitation list or have any suggestions for meetings please call Doug Tryon at (204) 727- 8176 or email him at “tryondc@mts.net”.

People changes at the Defibrillator Clinic

Diane DeBlois joined the front desk staff recently to cover a maternity leave. Welcome Diane!

Dr. Omar Sultan is the fifth electrophysiologist on staff at the Clinic. Dr. Sultan comes to Winnipeg from the Royal Jubilee Hospital in Victoria, B.C.

Barb Champagne retired at the end of April after 10 plus years working at the Pacemaker/ICD Clinic. Congratulations Barb! We will miss your smiling face and helpful manner in dealing with your patients. Barb sent along this message: “I wanted to say farewell to all of you and to wish you the best. It has been a privilege getting to know you and your families over the past few years. Many of you always say you are grateful for what you learn from us in the clinic, but we also learn from you! You teach us every day that life is precious, family is important and that optimism and humour will get you through some tough times. Your courage and resilience is inspiring! Keep smiling and stay away from that salt shaker!”

DID YOU KNOW.....??

MRI Scans with an ICD

Up until recently ICD's and MRI's were not compatible but recent developments are changing that. Some of the new ICD's and leads being produced will be compatible with a MRI. It is expected these newer devices will start being implanted in Canada before too long. Keep in mind that both the device and the leads must be of the new design.

Airport Security—Full Body Scanners

Full body scanners were recently installed at a number of Canadian airports including our own James Armstrong Richardson International Airport in Winnipeg. Recent press announcements indicate they are currently being used for random second screening on select US bound passengers. The Canadian Air Transport Security Authority states these devices have no impact on an ICD which we have also confirmed with the ICD Clinic. If you prefer, we understand the traditional physical pat-down is an option to the scanner.



DID YOU KNOW.....?? (continued)

Neodymium Magnets

Our Volume 4 newsletter highlighted issues that can arise when headphones containing neodymium are placed too close to an implanted defibrillator. We thought it timely to provide additional information on this important subject. A neodymium magnet (also known as a NdFeB, NIB or Neo magnet) is a type of rare-earth magnet and is currently the strongest type of permanent magnet. Not only are they found in headphones but in a wide variety of other items that we may be exposed to in our day to day lives. Some examples of items that may contain neodymium magnets are: various types of magnetic jewelry such as bracelets, necklaces, earrings, or rings. Magnetic mattresses, pillow pads or cushions; adhesive spot magnets, magnetic insoles, supports and wraps. Neodymium magnets are often used in acupuncture and magnetic therapy. They can be found in computer hard drives, clothing (often in place of a button or snap closure), toys or even reading glasses, particularly the type that separate at the nose bridge and hang around the neck when not in use. This is not intended to be an all inclusive list but rather to give you an idea of the wide range of uses for these magnets. Experts say any item containing a neodymium magnet should be kept at least 3 cm or 1.2 inches from your device.

Class Action Lawsuits

As you are all aware implantable devices and associated hardware are man made and therefore subject to failure of a component or an issue in the manufacturing. All components are stringently tested prior to any implants occurring but there remains a small risk of a failure occurring. Health Canada and the Food and Drug Administration in the US maintain a close watch on all implanted devices and if any failure numbers reach a threshold an advisory or in rare cases a recall is issued. Most advisories and recalls are specific to certain serial numbers and or production dates and not to every one of that model.

When an advisory or recall is issued the clinic is notified immediately by registered mail, the urgency is assessed by the physicians and a plan is made. Each patient with an affected device is contacted either by phone, mail or both and informed of the issue and plan.

On occasion a lawsuit is launched by one or more affected parties. The lawyers apply to the court to proceed and contact all affected parties. The company involved must comply and provide a list of all affected persons. Each person is contacted by letter and given the option of joining the group. There is no downside to joining. The lawsuit may take years to reach completion and payout at the end may be very small depending on the number of people involved.

Induction Cook tops and Ovens

If you have an ICD make sure you do your homework before buying one of these items. Induction cook tops (or stoves) have been around for some time but have recently become much more common. Induction cook tops are faster and more energy efficient than traditional electrical cook tops, plus they allow instantaneous control of cooking energy. In an induction cook top, a coil of copper wire (i.e. an electromagnet) is placed underneath the cooking pot. A current is applied to that coil which in turns produces a magnetic field. That magnetic field then creates heat in the pot itself - there is minimal heat on the stove surface itself, unlike electrical elements or gas burners. Induction cookers have some drawbacks though. Foremost is that cookware used on it must be made of ferrous materials. In other words a magnet has to be able to stick to it. Induction cookers do not work at all with non conducting cookware such as glass or ceramic.

The potential issue for those with ICD's is the electro magnetic field generated by these items. We have obtained the following information from the primary ICD manufacturers used here in Manitoba.

- Medtronic - maintain at least a 2 foot distance between your ICD and an induction cook top stove.
- Boston Scientific - maintain at least a 12 inch separation from the device and the cook top or oven.
- St. Jude - maintain at least 12 inches between the device and the cook top or oven.



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CONTACT INFORMATION

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WEB SITES OF INTEREST:

- Cardiac Sciences Program - "Patient Information" - St. Boniface General Hospital. Contains up to date information on cardiac related tests as well as access to various cardiac related guides, pamphlets and videos.
 - http://www.umanitoba.ca/faculties/medicine/units/cardiac_sciences/patientinfo.htm
- SNOWBIRD Medi-Quote Inc. A Canadian travel insurance firm with offices in Calgary and Winnipeg.
 - www.mediquote.ca
- The Canadian Ophthalmological Society. While not directly related to ICD patients, many of us have eye related issues. This site contains good information on "eye facts". Just click on the "Public Information" tab.
 - www.eyesite.ca

IN APPRECIATION

Our continued thanks to the following ICD manufacturers for their financial support of our group:

- Medtronic
- St. Jude Medical
- Boston Scientific

A big thanks to Darlene Sherman who again provided the refreshments and dainties at our fall meeting.

Anyone wishing to contribute dainties for the June 12 meeting please let Darlene know at 889-4029.