



The ICD Support Group of Manitoba

THE ICD SUPPORT
GROUP OF MANITOBA

Volume 7 - December 2010

SPRING MEETING OVERVIEW

Our guest speaker for the June 12th meeting was Dr. Ali Khadem from the Pacemaker / Defibrillator Clinic at St. Boniface General Hospital. Dr. Khadem provided a great update on “ablation” followed by a general Question & Answer session. Dianne Brown RN from the Clinic, and Edward Hoffenberg from Boston Scientific also participated in the Q&A. There were a couple of points raised at the Q&A that the support group promised to follow up on. Please refer to “Do You Know Your Numbers” on page 2.

FALL MEETING

We apologize for not holding a fall meeting this year. This was a result of financial circumstances beyond our control. We look forward to seeing many of you at our Spring 2011 meeting. In the interim please don't hesitate to contact members of the support group or Clinic staff with any questions, concerns, comments etc.

CANADIAN CARDIOVASCULAR CONGRESS 2010

The Canadian Cardiovascular Society and the Heart and Stroke Foundation of Canada (HSFC) co host the annual Canadian Cardiovascular Congress (CCC). This event brings together individuals who work across the spectrum of cardiovascular health - from research to patient care. This years event was held in Montreal and was attended by nearly 4,000 heart health professionals from across Canada including several doctors and nurses from the Pacemaker/ Defibrillator Clinic at St. Boniface Hospital. Roxanne Spagrud gave a presentation that she and fellow ICD nurse Esther McGimpsey prepared. It was titled “Validating the Effectiveness and Patient Satisfaction with Remote Monitoring”.

Here are a few excerpts from the HSFC web site regarding some of the news items from this years Congress:

- A large international study finds a direct link between heart rate at rest and risk of death in people with stable heart disease. Dr. Eva Lonn said “if you are a person who already has stable heart disease, how fast your heart beats at rest can predict your risk of dying, not only from heart disease but all other causes.” The bottom line? A higher heart rate is a marker for a shorter life expectancy.
- According to Dr. Brian McCrindle from Hospital for Sick Children in Toronto, poor sleep patterns and lack of proper sleep could be threatening thousands of Canadian adolescents with premature heart disease and stroke.
- New research shows that a surgical procedure using a cutting edge super glue pioneered a year ago by Calgary researchers can improve the recovery of heart patients recovering from open-chest surgery. The glue, called “Kryptonite”, is being used to enhance the closure of the breastbone after surgery. It has properties like the natural bone and allows for new bone growth. Up to this point, the breastbone has been closed only with steel wire that stays in the chest. With the new procedure, pain is cut down because the glue bonds quickly to the breastbone, shortening the current recovery time of eight weeks by 50%.

Inside this issue:

<i>Meet Cindy Lo</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

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- Greg Smith, Volunteer Coordinator & Director
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Meet Cindy Lo — Nursing Assistant, Pacemaker Clinic

Cindy is one of the smiling faces you first meet when you come to the clinic. Cindy is a Nursing Assistant at the Defibrillator Clinic at St. Boniface General Hospital. She is responsible for checking patients into the clinic and giving them their next appointment when they are done. A large part of her day is answering calls and directing them to the appropriate person. She is responsible for making sure that all the necessary information is available for the nurse so that your visit goes smoothly.



Cindy started working at St. Boniface Hospital in 1975. Prior to joining the team at the Pacemaker Clinic in 2007, she worked as a Ward clerk on the Cardiac Surgery Ward for 27 years.

Cindy is married with a teenage son and a 27 year old daughter.

People changes at the Defibrillator Clinic

Mary Wilson and Laurie Mundt are now working with ICD patients in addition to the pacemaker patients they currently see. Corrine Herman recently joined the front desk team taking over for Diane Deblois. Welcome to Mary, Laurie and Corrine.

DID YOU KNOW.....??

Do You Know Your “NUMBERS”?

During the question period at the spring meeting we learned there are two key numbers each ICD patient should be aware of. These are:

1. Your pacing rate is the heart rate at which the ICD would begin to pace the heart if it dropped below.
2. Your tachycardia detect rate, or the rate at which the device would begin to apply therapies.

Both numbers are provided to us when our ICD is first implanted and again when it is replaced. They can also be found on the interrogation report we are given each time we attend the clinic for a device check up. If you are not sure what your numbers are; the next time you're in for a scheduled appointment ask the nurse to show you where they are on the interrogation report or call the Clinic and they will provide them to you at their earliest opportunity.

Another item that came up at the spring meeting was regarding the red plastic wallet card that each ICD recipient should have with them. The wording on the card is as follows:

FRONT

“I have an implantable defibrillator”

BACK

“Device must be programmed off prior to surgery or removal”
SBGH CLINIC (204) 237-2431

If you do not have a card ask for one the next time you are in the clinic or give them a call and they will mail one out to you.



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

Changes to 2010 CPR & ECC Guidelines

The guidelines for CPR (Cardiopulmonary Resuscitation) and ECC (Emergency Cardiovascular Care) are reviewed every 5 years and updated only when evidence is clear that changes will improve survival rates. The 2010 guidelines are based on input from 356 resuscitation experts from 29 countries, The Heart & Stroke Foundation of Canada, The American Heart Association plus many others. A key change for 2010 is the recognition that “one size no longer fits all when it comes to CPR”. In the past the approach to resuscitation was the same across all types of patients, all types of settings and all types of rescuers. The new guidelines stress early recognition, urging people to call 9-1-1 or their local emergency number if they ever find someone collapsed and unresponsive, and not to delay by “looking, listening and feeling” for breathing or pulse. They also recommend that instead of trying to remember how many compressions and how many breaths, bystanders doing CPR are urged simply to “push fast and push hard”. Many people hold back from doing CPR because they are afraid they may do it wrong or that they may hurt the person. Technique is less important than doing chest compressions quickly and firmly. Compressions need to be fairly forceful. Think about moving the heel of your hands up and down about two inches into the chest—or the height of your pinky finger. Remember, you can’t hurt the cardiac arrest victim if they don’t live to see another day, and without CPR that is likely the outcome. Overall, the odds of surviving a cardiac arrest are almost four times greater if someone performs CPR right away, when CPR is combined with an Automated External Defibrillator (AED), survival rates soar by up to 75%, according to the Heart & Stroke Foundation. Without CPR and defibrillation, fewer than 5% of people who have a cardiac arrest outside of a hospital survive. The foregoing information was obtained from the Heart and Stroke Foundation of Canada website: www.heartandstroke.com

Margarine or butter?

According to the Heart & Stroke Foundation eating a lot of butter on a regular basis can be harmful to your heart. Butter is made from animal fat, which is high in saturated fat and cholesterol. Eating a diet high in saturated fat can lead to elevated cholesterol levels, which is a risk factor for heart disease and stroke. Canada’s Food Guide recommends margarine because it is made from vegetable oils, such as canola, olive, soybean and safflower, which contain polyunsaturated fats that may help lower your cholesterol levels. The Food Guide recommends that we include a small amount (30 to 45 mL or 2 to 3 tbsp) of unsaturated fat per day. This includes oils used for cooking, and in salad dressings, mayonnaise and margarines. The Heart & Stroke Foundation recommends eating margarine that is non-hydrogenated, containing 2 g or less of saturated and trans fat per serving. For further information including how to read the Nutrition Facts table visit www.heartandstroke.com. Click on: Health Information > Health Check > Health Check-Nutrition Facts table.

Happy 30th Anniversary!

It has been 30 years since an ICD was first implanted in a human. Since then the device’s have become a whole lot smaller and much more sophisticated.

Acupuncture

Have you ever wondered if having acupuncture would impact on your ICD? Well, depending on the technique used there could be an issue. Acupuncture is an ancient form of Chinese medicine involving the insertion of acupuncture needles into the skin at specific points on the body to achieve a therapeutic effect. No drug is injected. The needles alone create the beneficial effects of acupuncture. There are several different techniques an acupuncture practitioner may use. The use of any “electrical stimulation” is to be avoided for people with defibrillators as the electromagnetic interference from electric currents passing through acupuncture needles inserted into the anterior chest wall can trigger inappropriate shocks. This information was gathered from the website of the Acupuncture Foundation of Canada Institute. (www.afcinstitute.com)



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WEB SITES OF INTEREST:

- Heart Rhythm Society This U.S. web site contains lots of information regarding heart rhythm. It is similar to the Canadian Heart Rhythm Society web site which we highlighted in our Volume 4 newsletter (www.chrsonline.ca).
 - www.hrsonline.org
- Canadian Heart Failure Network
 - www.chfn.ca
- Heart & Stroke Foundation The “Heart Truth” is a campaign to raise awareness about the risk of heart disease and stroke for women.
 - www.hearttruth.ca

IN APPRECIATION

Our group is grateful for the continued financial support of the following ICD manufacturers:

- Medtronic
- St. Jude Medical
- Boston Scientific

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

Also a big shout out to the staff of the Pacemaker / Defibrillator Clinic. This group of professionals are a great bunch and we are grateful for the skills and devotion of each and every one of them. Keep up the great work!!