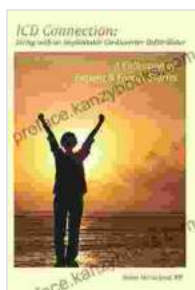


# Living With an Implantable Cardioverter Defibrillator

## What is an Implantable Cardioverter Defibrillator (ICD)?

An ICD is a small device that is implanted in the chest to monitor your heart rhythm and deliver shocks if your heart rate becomes too fast or too slow. ICDs are used to prevent sudden cardiac arrest, which is a leading cause of death in the United States.



## ICD Connection: Living with an Implantable Cardioverter Defibrillator: A Collection of Patient & Family Stories

by J. Lawrence Tine

★★★★☆ 4.5 out of 5

Language : English  
File size : 4362 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 139 pages



## How Do ICDs Work?

ICDs work by monitoring your heart rhythm and delivering shocks if your heart rate becomes too fast or too slow. The shocks are delivered through wires that are attached to your heart. The shocks are strong enough to stop your heart and reset it to a normal rhythm.

## Who Needs an ICD?

ICDs are typically recommended for people who have a high risk of sudden cardiac arrest. This includes people who have:

- A history of ventricular tachycardia or ventricular fibrillation
- A weakened heart muscle (cardiomyopathy)
- A family history of sudden cardiac arrest

### **What are the Risks of ICDs?**

ICDs are generally safe and effective, but there are some risks associated with the procedure. These risks include:

- Bleeding
- Infection
- Damage to the heart or lungs
- Death

### **How to Live With an ICD**

If you have an ICD, it is important to follow your doctor's instructions carefully. This includes:

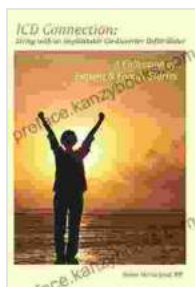
- Taking your medications as directed
- Getting regular checkups
- Avoiding activities that could increase your risk of sudden cardiac arrest
- Wearing a medical ID bracelet or necklace

## Living With an ICD Can Be Challenging, But It Is Possible

Living with an ICD can be challenging, but it is possible to live a full and active life. By following your doctor's instructions and taking care of yourself, you can reduce your risk of sudden cardiac arrest and live a long and healthy life.

### Additional Resources

- American Heart Association: Implantable Cardioverter Defibrillators
- Mayo Clinic: Implantable Cardioverter Defibrillator
- ICD Support Group



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