

## Implantable Cardiac Defibrillator (ICD)

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

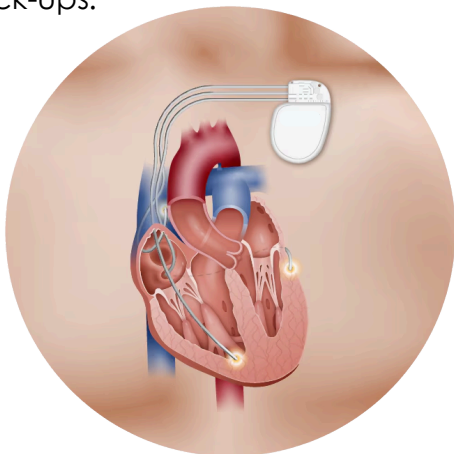
An ICD is a small device implanted in your chest to monitor and regulate your heart's rhythm. It can detect life-threatening arrhythmias and deliver an electric shock to restore a normal heartbeat if necessary.

### Why might I need an ICD?

- You may be recommended for an ICD if you:
- Have survived a cardiac arrest.
- Have experienced ventricular tachycardia.
- Are at high risk for sudden cardiac arrest due to heart conditions.

### How does an ICD work?

- Constantly monitors your heart's rhythm.
- Delivers a small shock if your heartbeat becomes too fast or irregular.
- Stores data about your heart's activity, which your doctor can review during check-ups.



## Daily life with your ICD:

- Most people can continue their usual activities with some adjustments.
- Discuss returning to work and driving with your doctor.
- Avoid strong magnets and electrical devices, which can interfere with the ICD.

## What to expect post-procedure:

- Routine check-ups to monitor your device.
- The ICD battery typically lasts 5-7 years; replacements are simple procedures.
- Be mindful of symptoms like dizziness or fainting; report them to your healthcare provider.

## Emergency Instructions:

- Inform family and friends about your ICD and what to do if you receive a shock.
- Always carry your ICD identification card.

## Frequently Asked Questions:

- **Will I feel the shocks?** People report experiencing a wide spectrum of feelings from blunt pain to only a slight sensory buzzing sensation.
- **Can I use electronic devices?** Most household electronics are safe but discuss specifics with your doctor.

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