

**About Device Monitoring and Replacement**

Providing reliable, high-quality implantable devices is of the utmost importance to the cardiac device industry. However, these devices are not perfect. Based on past experience, devices may exhibit malfunctions that may result in lost or compromised ability to deliver therapy.

The cardiac device industry monitors device performance to continuously improve device reliability and minimize risk to patients. The industry shares information about device reliability and malfunctions with doctors, regulatory bodies, and the public.

For information about Boston Scientific device performance, refer to the Product Performance Report on [www.bostonscientific.com](http://www.bostonscientific.com).

On an individual basis, your doctor or nurse will regularly monitor how your device is working. This includes monitoring the battery and system performance.

**Monitoring the battery**

Like any battery, the energy in your device's battery will naturally decrease over time. Eventually, the battery energy will decrease to a point where your device will need replacement. Your doctor or nurse will monitor your device's battery levels and determine when device replacement is necessary.

**Monitoring system performance**

Diagnostic features provide information about how your device and the lead system are performing. Monitoring these features helps your doctor determine if the system is operating normally.

Monitoring can also help detect problems. While problems are not common, they can and have occurred in the past at low rates of occurrence. Most problems with devices and lead systems do not affect the system's ability to provide a life-saving shock when needed. However, in some instances, a problem with a device or lead may affect the system's ability to provide therapy. If this situation arises for you, your doctor may recommend replacing your device and/or leads.

Replacement involves some risks. It is important for you and your doctor to consider these risks when making a decision about device replacement. For more information on risks, please see page 23 in this brochure.

**Implantable Devices**

**Important Safety Information**

**Implantable Cardioverter Defibrillators**

An implantable cardioverter defibrillator is designed to monitor and treat heart rhythm problems, greatly reducing the risks associated with them. These devices are sensitive to strong electromagnetic interference (EMI) and can be affected by certain sources of electric or magnetic fields. With all medical procedures there are risks associated. In regard to an implanted ICD, the risks include but are not limited to inappropriate shock, lead moves out of place, loss of stimulation capability, allergic reaction, fluid underneath the skin, and infection. In rare cases device failure or death can occur. Be sure to talk with your doctor so that you thoroughly understand all of the risks and benefits associated with the implantation of this system. To obtain a copy of the device Patient Handbook for more detailed device safety information, go to [www.bostonscientific.com](http://www.bostonscientific.com), or you can request a copy by calling 1-866-484-3268 or writing to Boston Scientific, 4100 Hamline Ave. N., St. Paul, MN 55112.

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**Device Quality and Reliability**

It is Boston Scientific's intent to provide implantable devices of high quality and reliability. However, these devices may exhibit malfunctions that may result in lost or compromised ability to deliver therapy. Refer to Boston Scientific's CRM product performance report on [www.bostonscientific.com](http://www.bostonscientific.com) for more information about device performance, including the types and rates of malfunctions that these devices have experienced historically. While historical data may not be predictive of future device performance, such data can provide important context for understanding the overall reliability of these types of products. Also, it is important that you talk with your doctor about the risks and benefits associated with the implantation of a device.

92481216 (Rev. A)

**LATITUDE™ (NXT) Patient Management System**

**Important Safety Information**

LATITUDE™ NXT Patient Management is a remote monitoring system that gives your health care provider access to your implanted device data. The LATITUDE Patient Management system is not intended to assist with medical emergencies. If you are not feeling well, call your physician or 911. The Communicator does not provide continuous monitoring.

The Communicator is designed to operate on standard telephone lines like those found in most homes. The Communicator may work on other telephone systems, such as Digital Subscriber Line (DSL) and Voice Over IP (VoIP) Internet systems, if those systems provide an analog interface for connecting the Communicator.

The Communicator is designed to work only with the implanted device of the patient for whom it was prescribed. It will not work with other patients' implanted devices and should be used only as authorized by the prescribing physician. The Communicator is not for use with any pulse generator other than a Boston Scientific device.

Ask your physician if you have questions about any risks with using the Communicator or your implanted device.

It is very important that the Communicator remain plugged into the power outlet. Your communicator should remain connected to a telephone line, ethernet adaptor or cellular adaptor. Some household appliances and other sources of electromagnetic energy could interfere with the communication between your Communicator and your implanted device. You should be at least 36 inches (3 ft.) away from televisions, VCRs, DVD players, personal computers, and other electronic equipment, when you are using the Communicator.

It is recommended that the customer install a surge arrester in the electrical outlet to which the Communicator is connected. Rx only  
92481216 (Rev. A)

1 American Heart Association. Heart Disease and Stroke Statistics - 2019 Update. *Circulation*. 2019;139:e56-e528. Page E380.

2 Himmrich E, et al. Is ICD programming for double intraoperative defibrillation threshold energy safe and effective during long-time follow-up? Results of a prospective randomized multicenter study (Low-Energy ENDOTAK Trial - LEFT). *Z Kardiol*. 1999;88:103-112. (German language edition).

3 American Heart Association. Heart Disease and Stroke Statistics - 2019 Update. *Circulation*. 2019;139:e56-e528. Page E390.

4 Boston Scientific internal market analysis data 2020.

5 Moss AJ, Zareba W, Hall WJ, et al for the Multicenter Automatic Defibrillator Implantation Trial II Investigators. *N Engl J Med* 2002;346:877-883.

6 Bardy GH, Lee KL, Mark DB, et al. Amiodarone or an implantable cardioverter-defibrillator for congestive heart failure. *N Engl J Med* 2005; 352:225-237.

7 Data on file with Boston Scientific. 2020



**Implantable Cardioverter Defibrillators**  
Helping People with Heart Conditions Live Better



Advancing science for life™

**Cardiology**  
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CRM-74410-AF

## What's Inside?

Your doctor or nurse has given you this information because your doctor believes an implantable cardioverter defibrillator (ICD) may be right for you. The decision to have an ICD is one that you need to think carefully about. You most likely have a lot of questions.

In this brochure, we'll answer some of those questions. We'll also share stories from other people who have faced the same decision. Our goal is to provide information that can help you make a decision that is right for you.

Many patients find it helpful for their family and friends to learn about the ICD as well. We encourage you to share this information with those who care about you. Please talk with your doctor to discuss your own medical history and ask any questions you have after reading this brochure.

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Irregular heart rhythms are called arrhythmias. Some can be life-threatening. So, imagine if you had the help of a device designed to monitor your heart all the time—a device that sensed every single heartbeat and responded to save your life if your heart started beating dangerously fast. That's exactly what an ICD does. Following are some answers to questions you may have about arrhythmias and ICDs. For additional information, we encourage you to talk to your doctor and visit the online resources listed on page 23.



## Did You Know?

Sudden cardiac arrest is not the same as a heart attack. Sudden cardiac arrest occurs when electrical problems in the heart cause a dangerously fast heart rate. Sudden cardiac arrest can lead to sudden cardiac death. A heart attack is different. It results from heart muscle damage from blood flow blockage, rather than an electrical problem.

### What are ventricular tachycardia and ventricular fibrillation?

Arrhythmias result from a problem in your heart's electrical system. Some arrhythmias that originate in the heart's lower chambers (the ventricles) may be life-threatening. You may have heard your doctor talk about two types: ventricular tachycardia and ventricular fibrillation.

- **Ventricular tachycardia (VT):** Tachycardia is an abnormally fast heartbeat, or heart rhythm. When tachycardia occurs in the ventricles, it is called ventricular tachycardia. VT causes the heart to beat more than 100 times per minute, rather than the normal rate of 60 to 100 times per minute.

As a result, your body and brain may not get enough oxygen and nutrients to function properly. You may experience symptoms such as shortness of breath, fatigue, chest pain or pressure, dizziness or fainting, or a feeling that your heart is racing. Sometimes VT stops on its own after a few seconds, and there are no lasting effects. Other times it continues. It can even progress into a faster, chaotic arrhythmia called ventricular fibrillation.

- **Ventricular fibrillation (VF):** VF is considered the most serious cardiac rhythm disturbance. VF is a disordered electrical activity that causes the heart's lower chambers (ventricles) to quiver, or fibrillate, instead of contracting (or beating) normally. This prevents the heart from pumping blood, causing collapse and cardiac arrest. It often strikes without warning. Within seconds after VF begins, a person can lose consciousness and will be in Sudden Cardiac Arrest (SCA) because blood stops flowing to the brain and other vital organs. If the person doesn't receive immediate treatment from a defibrillator, Sudden Cardiac Death (SCD), a sudden unexpected death caused by loss of heart function, can occur.

These types of arrhythmias occur in individuals of all ages, from young children to the elderly. Studies have shown that VT often occurs in patients who have had damage from a heart attack, cardiac surgery, or other conditions. Some people with inherited heart defects also experience VT. Sometimes VT affects individuals with no history of a heart condition.

### What is an ICD and how does it treat ventricular tachycardia and ventricular fibrillation?

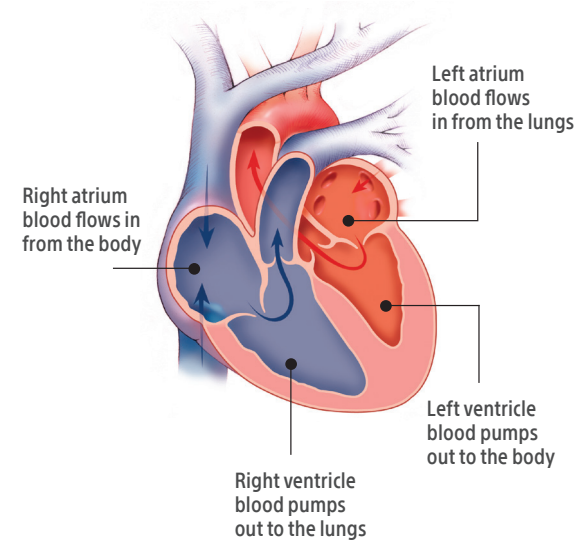
An ICD system consists of two parts—the pulse generator, or device, and one or two thin, insulated wires called leads. Leads carry electrical signals between the heart and the pulse generator.

An ICD treats abnormally fast ventricular heart rhythms by delivering energy directly to the heart. This energy stops the abnormal rhythm. Without this lifesaving therapy, the dangerously rapid rhythm could lead to sudden cardiac arrest. And that could lead to sudden cardiac death within minutes.

### How serious is the risk of sudden cardiac death?

The risk of sudden cardiac death is something to take very seriously.

- Sudden Cardiac Death (SCD) appears among the multiple causes of death on 13.4% of death certificates in 2016, which is over 360,000 individuals annually. This suggests that 1 of every 7.5 people in the United States will die of SCD.<sup>1</sup>
- ICDs have been shown to effectively stop 95% or more of dangerously fast heart rhythms.<sup>2</sup>
- Patients who do not receive an ICD for life-threatening arrhythmias are at high risk for sudden cardiac death.<sup>3</sup> According to the American Heart Association, approximately 90% of sudden cardiac death victims die before reaching the hospital.<sup>1</sup>
- A report from the American Heart Association findings indicate that earlier intervention in cases of sudden cardiac arrest increases the chances of survival and a better quality of life.<sup>3</sup>



*The two upper chambers in your heart are called the atria. The two lower chambers are called ventricles. An ICD monitors or senses the rate of your heartbeat in the right side of your heart. Based on what it senses, the ICD device delivers either small electrical impulses to your ventricles or a high-energy shock to restore a normal heart rhythm.*

### Why would my doctor recommend an ICD?

Based on your test results, your doctor may have determined that you might experience irregular heart rhythms. You may be at risk for sudden cardiac death.

### Even if you are taking medication, you can still have irregular heart rhythms.

Your doctor may be recommending an ICD for you because you have:

- Had at least one documented episode of a dangerous ventricular arrhythmia
- Previously passed out because of an arrhythmia
- A recurring fast heart rhythm that puts you at risk for sudden cardiac death

- A fast heart rhythm that cannot be controlled with medication
- Severe side effects from your medication
- A fast heart rhythm that cannot be cured by surgery
- Survived a heart attack and have a low ejection fraction, which is a measurement of how well your heart is pumping
- An inherited heart defect that causes a fast heart rhythm

An ICD is not for everyone. Your doctor will review your personal health condition in determining whether an ICD is right for you.

## Why would my doctor recommend an ICD if I have survived a heart attack?

You might feel fine right now and wonder why you need an ICD. However, depending on the severity of your heart attack, you may be at increased risk for sudden cardiac death. Damage to your heart muscle from your heart attack may affect your heart's ability to pump properly.

- After a heart attack, your doctor will test how well your heart is pumping. A simple

test called an echocardiogram can measure the amount of blood your heart pumps with each heartbeat. This measurement is called an ejection fraction (EF). People with healthy hearts have an EF of 50% or greater.

- If you have survived a heart attack and also have a low EF, you may be at risk for sudden cardiac death. An ICD can prevent sudden cardiac death by detecting and treating any fast, dangerous heart rhythms that you may experience in the future.



Single Chamber ICD size relative to a standard credit card.

In 2008, the American College of Cardiology and the American Heart Association revised their guidelines for treating patients with certain heart conditions. Device therapy received the highest level recommendation for patients who meet certain criteria. Your doctor may follow these guidelines in determining whether you are a good candidate for an ICD. Along with any medication your doctor has prescribed, an ICD is the standard of care for many patients to help treat dangerously fast arrhythmias and protect against sudden cardiac death.

## How is an ICD checked?

Today's ICD devices rely on sophisticated technology. When your doctor implants your ICD device, a programmer is used. A programmer is a custom designed computer-based system used to communicate with your device. A special communication wand is placed over the ICD device which initiates communication with the programmer. After communication is initiated, the device and programmer then relay information wirelessly.

Your doctor will program your ICD device to deliver the right type of therapy for your heart condition. After your implant, your doctor or nurse will use the programmer regularly to evaluate your device and make any changes if needed. The programmer reads all the information stored in the ICD device. Additionally, your doctor may be able to monitor your ICD device remotely while you are at home with the LATITUDE™ Patient Management System. See page 15 for details.



Doctors and nurses use a programmer to check an ICD and to communicate with it.

## What types of therapy does an ICD deliver and will I feel the therapy?

An ICD can use one or more types of energy to help your heart beat normally again. They include:

- **Bradycardia pacing therapy:** ICDs have the ability to treat a slow heart rate, a condition called bradycardia. When an ICD treats an abnormally slow heart rate, you generally don't feel anything because it uses low energy to pace the heart.
- **Antitachycardia pacing (ATP):** If your rhythm is regular but fast, the ICD can deliver a series of small, rapid electrical pacing pulses. These pulses interrupt the arrhythmia and return your heart to its normal rhythm. You generally don't feel anything because ATP uses low energy to pace the heart.
- **Defibrillation:** For arrhythmias that are very fast, the ICD may use a high-energy shock to stop the arrhythmia. Then your heart can return to its normal rhythm. This type of therapy uses higher energy, so you may feel the shock. The feeling varies from person to person. It can even be different for the same patient at different times.

Some patients have described the shock therapy as a small thump in the chest. Others describe the feeling as a kick in the chest. Some patients are unconscious when the shock is delivered and don't remember the shock at all. The shock comes quickly and lasts only a second.

### **Are there risks to having an ICD?**

After an ICD is implanted, some risks do exist, including:

- The leads may move out of place in the heart.
- The leads or electrical impulses may irritate or damage the surrounding tissues, including heart tissue and nerves.
- The ICD might not be able to detect or appropriately treat your heart rhythms.

Be sure to talk with your doctor so that you thoroughly understand both the risks and benefits associated with having an ICD. For more information regarding some of the potential risks, please see page 23 in this brochure.

### **Are ICDs reliable? Does research support their use?**

Every year over 275,000 defibrillators are implanted worldwide.<sup>4</sup> Since its inception more than 40 years ago, the ICD has evolved to a widely accepted and important treatment for patients with cardiovascular disease who are at risk of life-threatening ventricular arrhythmias.<sup>5</sup>

Along with any medication your doctor has prescribed, an ICD may be the best choice to help protect your heart from dangerous heart rhythms. However, devices are not perfect and may exhibit problems. For more information about device reliability and effectiveness, please see the back cover of this brochure, and talk with your doctor.

### **Do insurance and Medicare cover an ICD?**

Most health insurance companies view an ICD as medically necessary for appropriately selected patients. If your doctor has determined that an ICD is right for you, your insurance will usually pay.

Based in part on the findings from research studies, the agency that oversees Medicare made a decision in 2005 to pay for an ICD for many people who have not first had a heart attack, arrhythmias, or proven risk of arrhythmias. It made this decision to help more people live longer.

Be sure to provide your doctor's office with your insurance information. Ask your doctor's office to verify your coverage before scheduling your implant procedure.

### **Several research studies have shown the benefits of an ICD:**

- **The MADIT II study showed that an ICD can decrease the risk of death for heart attack survivors. It compared people who were treated with both an ICD and medication to people treated with only medication.<sup>5</sup>**
- **The SCD-HeFT study of heart failure patients compared therapy with medications and therapy with both medications and an ICD. Patients who had an ICD in addition to medication had a 23% lower risk of death.<sup>6</sup>**



# Preparing for an ICD Implant

Over the years, advances in medical technology have made the surgery to implant an ICD much simpler.

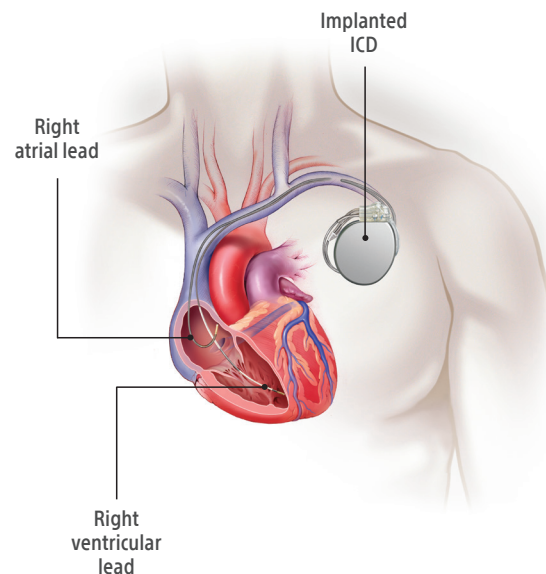
Today, the implant takes about 1 hour. After surgery, you may be in the hospital for a day or two. This allows the doctors and nurses to watch and record your heart rhythm.

When your doctor determines you are ready, you will be able to return home. Below are some answers to questions you may have about receiving an ICD implant. For more detailed information on the surgery, we encourage you to talk to your doctor and visit the online resources listed on page 23.

## How big is an ICD and where is it implanted?

Today's ICDs are amazingly small. The average device is about the size of a small bar of soap. It measures about 2.2 × 2.6 inches (5.5 × 6.5 centimeters) and less than 0.5 inches (11 millimeters) thick. It weighs about 2 to 3 ounces (60 to 80 grams).

Doctors will usually implant your ICD in your chest. Typically, an ICD is implanted just under the skin near your collarbone. One lead will be positioned in the atrial chamber of your heart and the other will be positioned in the ventricular chamber (see illustration). Your doctor will discuss with you regarding which side of your chest the device will be implanted.



## Are there risks to the procedure?

As with any surgical procedure, it is important to understand that there are risks associated with the implantation of an ICD and/or lead(s). Some risks encountered during the implant procedure may include infection, tissue damage, bleeding, and an irregular heart rhythm. Complications do not happen very often. However, it is important that you talk with your doctor about the risks of having an ICD implanted, as well as the benefits. For more information regarding some of the potential risks, see page 23.

## What is recovery like?

Full recovery from surgery can take from several days or weeks to a few months. While you recover, your doctor may ask you to avoid strenuous activity (especially lifting and other activities that use your upper body). Doing so helps ensure that any leads have time to firmly attach to your heart tissue. After that, you'll have the added assurance that your ICD is treating your heart rhythms.

On average, an ICD lasts 6 to 10+ years.<sup>7</sup> Your doctor or nurse will regularly check to see how much energy is remaining in your device's battery. He or she will recommend replacement when the remaining battery energy drops to a certain level.

Having an ICD allows you to live your life knowing that your device will treat irregular heart rhythms as your doctor has prescribed and programmed.

For many people, their lifestyles are no different once they have an ICD. They are able to work and enjoy hobbies, sexual activity, and travel. An ICD will help you enjoy as active and productive a lifestyle as your overall health permits (individual results may vary).

The following section provides answers to some questions you may have about daily living with an ICD. Your doctor can answer other questions and advise you on the appropriate level of activity for you. For additional information, visit the online resources listed on page 23.

## How do most people feel emotionally after receiving an ICD?

Having an ICD can be a major turning point in your life. Afterward, you may feel sad or worried. It's an event that may change your thoughts and feelings about your health. Some people may feel vulnerable at first because they depend on an implanted device.

As you return to daily life, your level of confidence and comfort with the ICD will likely grow. As you can see from the patient stories in the back of this brochure, many people feel reassured knowing that a device may help to save their life.

It's also important to remember that everyone is different about their privacy. How much you share with others is up to you. Sometimes it's perfectly healthy not to talk about your heart condition. But if you are anxious, scared, or depressed, you might want to talk to a therapist or find a support group.

## How will a doctor monitor my heart when I have an ICD?

Your doctor will want to check your ICD and overall health on a regular basis. It's important to attend your doctor visits, even if you are feeling well. In the clinic, your doctor or nurse will use the programmer to read all of the information stored in your ICD. This information includes whether your ICD delivered high-energy therapy. If it delivered therapy, the ICD's computer memory will store information about what your heart was doing before, during, and after the arrhythmia. The programmer also indicates how much battery capacity remains in your device. Based on this information, your doctor can help ensure your ICD is working properly to best treat your heart condition.

Your device may be checked at the clinic and at your home using an in-home (remote) monitoring system. If your doctor wants to monitor your device from your home, a portable monitoring communications device can transmit device and health information to a secure web site that only your health and support team can access.

Your doctor will provide guidelines for when you should contact him or her between visits.



*In-home (remote) monitoring system.*



### Can I still travel with an ICD?

Patients with an ICD can feel confident and safe when traveling. The Medical Device ID card that you receive with your device helps alert medical and security personnel that you have an implanted device.

It's important to carry your card when you have a device, because the device does contain metal parts that may set off airport security metal detector alarms. Airport security wands could also temporarily affect the device. Security personnel should perform a hand search instead of using a handheld wand. If a wand must be used, you can ask security personnel to do the search quickly and not to hold the wand over the device.

If you receive a device from Boston Scientific, a listing is available of medical facilities worldwide that have treated patients with Boston Scientific products. The listing is available online at [www.bostonscientific.com/patients](http://www.bostonscientific.com/patients) or by calling Boston Scientific's Patient Services department at 1-866-484-3268.

**Additional resources are available at [www.bostonscientific.com/latitudetravel](http://www.bostonscientific.com/latitudetravel)**

### Does an ICD affect driving privileges?

Whether you are able to drive once you have an ICD will depend on your specific symptoms (like passing out prior to the implant) and the driving laws where you live. Generally, having an ICD does not prohibit you from driving, although you may be asked to wait during the early stage of recovery. In some cases, restrictions are necessary. That's because a few seconds of unconsciousness could be dangerous to both you and others. Your doctor or nurse will discuss any restrictions with you.

### What about sexual intimacy?

For most people with an ICD, sexual intimacy is not a medical risk. This is because the natural heart rate increase that occurs during sex is the same as the heart rate increase when you exercise. Your doctor may perform exercise tests to become familiar with how your heart rate increases. This will help him or her program the ICD system settings.

### Is there a risk of interference from household appliances with an ICD?

Your device has built-in features that protect it from electromagnetic interference (EMI) produced by most electrical equipment. Under normal use, it is safe for someone with an ICD to use most household items. This includes kitchen counter-top appliances, convection ovens, electric blankets, heating pads, home security systems, microwave ovens, electric and gas ovens, TV (television), TV remotes—infrared (standard), and vacuum cleaners.

Cellular phones or devices that have integrated cellular phones should be kept at least 6 inches (15 cm) away from your implanted device.

Certain tools and household items should be used with caution or avoided. Your doctor can answer questions about a specific appliance, tool, or piece of equipment. Specific guideline information is also available from Boston Scientific Patient Services at 1-866-484-3268 and online at [www.bostonscientific.com/emiguide](http://www.bostonscientific.com/emiguide) and [www.bostonscientific.com/patients](http://www.bostonscientific.com/patients).





## Meet Michael S.

Michael S. from Dallas, Texas never expected to be a victim of heart disease. But when he woke up, three days had passed. He had no memory of any event happening, much less Sudden Cardiac Arrest. Michael shares his story about how the ICD device made a dramatic difference in his daily life.

### How was your heart condition diagnosed?

"I woke up in the hospital, and all of the people I know and love were standing looking down at me. That was the first indication that something had gone very wrong. "I had experienced sudden cardiac arrest the morning after returning home from a business trip. I was one of 5% of people in Texas that survived events like this. I couldn't remember any of it."

### What symptoms did you have?

"According to my family, after waking that morning, I started convulsing." His wife, Natalie, called 911 and started CPR. "By the time the ambulance arrived, I was completely out, immobile, not breathing. They had to shock my heart.

"If it had happened 24 hours earlier, I would have been in a hotel room in Washington, D.C. by myself. If my wife was not with me, I would have died.

"It didn't really register with me because I was 42-years-old and didn't have heart disease. I eat what you are supposed to eat and exercise regularly. I could not understand how I could have any heart issues, certainly not one that would land me in the hospital."

### How did you decide on the ICD device?

"I was told that I needed to have a defibrillator put in. The Boston Scientific ICD device would be the best chance of getting back to having my normal life.

"I am a college president; it is my second year. My day to day responsibility requires me to turn around this institution. It is a fantastic job, and not an easy job. I want to be sure I am here to do what needs to be done."

### How are you feeling now?

"I am a physical fitness fanatic. I work out 5 or 6 days a week. I do everything. I lift, swim, and play golf. I am training for a triathlon.

"The comfort I have with a defibrillator is knowing that I can do pretty much what I want to do. The ICD is my safety net.

"The ICD makes me unafraid for me to be me. For that, I will be forever grateful."

"The comfort I have with a defibrillator is knowing that I can do pretty much what I want to do."

### Overall, how has ICD affected your life?

"In the simplest terms, I got this "part two" of my life to serve others. I want to help others get the best out of life, too. And that is what I am going to do for the rest of my life."

*Note: Individual symptoms, situations, results, and circumstances may vary. Please consult your physician or qualified health provider regarding your condition and appropriate medical treatment. Your doctor will help decide what activities and activity level are right for you. The information provided is not intended to be used for medical diagnosis or treatment or as a substitute for professional medical advice.*





## Meet Lizzie and Michael G.

A normal school day turned into a year of big decisions when a Florida family discovered that not one, but both of their children had a congenital heart problem – Long QT syndrome. In the blink of an eye, normal was no longer normal. The family shares their story about how the ICD device made a dramatic difference in the daily lives of the children.

### How was your heart condition diagnosed?

“One morning I just woke up for school and hit my alarm clock to turn it off. Suddenly, I felt dizzy,” said Michael. “I tried to walk over to the bed and I blacked out. I ended up rolling my ankle.”

Susan, Michael’s mother, took him to the doctor for his ankle. The pediatrician also decided to order an ECG. The office called back that day and said there was a problem with his ECG. They thought it was a form of Long QT Syndrome.

Long QT Syndrome is a congenital problem with the electrical timing of the heartbeat. There is a delay in the time between the heartbeat and the moment the heart recharges. This places the patient at risk of lethal arrhythmias.

The family decided to have Lizzie tested as well. It was immediately suspected that she had it, too. Thus began a year of genetic testing. The result: Long QT Syndrome, Type II.

### How did you decide on the ICD device?

Susan said, “Both children wanted to get the devices. There was no doubt in their minds that this was the right decision for them.”

Lizzie decided to get an ICD right after the diagnosis was confirmed. “I wasn’t worried about getting the device. I was excited,” Lizzie said. “I thought it would let me have a longer life, or be a little more active.”

Michael waited a few months. “I was naturally worried about someone cutting me open, but I was glad I was getting it done to have another layer of security and protection from the syndrome.”

### How did you feel about having an ICD device?

The Boston Scientific ICD devices in both children have already been called upon for therapy. Lizzie has been treated once. Michael received two shocks on one morning. He doesn’t remember the first one. It took a second one to get him out of it.

“That makes me very concerned that if the device wasn’t there, this would be a very different story,” said father, Michael.

Both children use the LATITUDE™ remote monitoring system at their house. Every Monday morning, they perform an interrogation of their device from home.

“I love the LATITUDE system,” said Michael. “It is easy to use. Just a couple of buttons and about 30 seconds and I am done for the week. I am glad that there is a device like the ICD because it allows me to do all the activities I love to do, but would not be able to do without the device.”

### How are you feeling now?

Michael and Lizzie’s lives have not changed considerably since they received the ICD. They both pursue most of the activities they love.

“I am a really active teenager,” said Lizzie. “I am more active than most of my friends. I am an athlete. I perform on stage and go out with my friends.”

“I play trumpet in the band at school and am learning the bagpipe,” said Michael. “Both my sister and I are water babies.”

“I live for swimming, for swim practices, and going to the beach,” said Lizzie. “It is really cool having this technology because I know I can go out to reefs and have protection for my heart.”

### Overall how has ICD affected your life?

“I am shell-shocked about how this technology works,” said Lizzie. “It lets me be normal with the safety net backing me up all the time.”

Susan said, “Every parent thinks their kids are the best in the world, but I think my kids are incredible for what they have gone through and how they have handled it --from being diagnosed with Long QT, getting the ICD devices, and pursuing their lives with such grace and maturity. I am very grateful for that.”

*Note: Individual symptoms, situations, results, and circumstances may vary. Please consult your physician or qualified health provider regarding your condition and appropriate medical treatment. Your doctor will help decide what activities and activity level are right for you. The information provided is not intended to be used for medical diagnosis or treatment or as a substitute for professional medical advice.*



# What's Next?

The MyLATITUDE™ Patient App is easy to download on a mobile device, such as a smartphone or tablet. It shows basic information about the status of your LATITUDE™ NXT Communicator and your implanted Boston Scientific device, providing you with:

- Peace of mind that your LATITUDE NXT Communicator is working properly
- Answers to common questions about your implanted cardiac device
- Setup and troubleshooting for your LATITUDE NXT Communicator



## To get started with the MyLatitude Patient App:

- ① Open the App Store within your mobile device



- ② Search for "MyLATITUDE"



- ③ Select "MyLATITUDE Patient App"

OR

Scan the QR code to download



With its lifesaving technology, an ICD device can improve your life and give you and your family peace of mind. You have an important decision to make about your health. If your condition is not immediately life-threatening, you have some time to talk with your doctor and your loved ones. This brochure is just one source of information to help you as you make your decision. If you have additional concerns or questions not answered in this brochure, please talk with your doctor.

## Additional Online Resources

[www.bostonscientific.com/patients](http://www.bostonscientific.com/patients)

[www.bostonscientific.com/emiguide](http://www.bostonscientific.com/emiguide)

[www.heart.org](http://www.heart.org)

[www.mayoclinic.org](http://www.mayoclinic.org)

[www.upbeat.org](http://www.upbeat.org) (Heart Rhythm Society Patient Page)

[www.sca-aware.org](http://www.sca-aware.org)

[www.suddencardiacarrest.org](http://www.suddencardiacarrest.org)



# Important Safety Information to Discuss with Your Doctor

An implantable cardioverter defibrillator (ICD) can protect you from the effects of sudden cardiac arrest by reviving your heart rhythm. But it is not for everyone, including people with certain steroid allergies. Electrical or magnetic fields can affect the device. Only your doctor knows what is right for you. The device is available by prescription only. Individual results may vary. As outlined below, there are risks during the device implant procedure, following the implant, and during and following a replacement procedure. Complications do not happen often. However, it is important that you talk with your doctor about potential risks.

## **When your doctor implants your ICD, the potential procedure risks include, but are not limited to:**

- Discomfort from the incision
- Dangerous arrhythmias (abnormal heart rhythms)
- Bleeding
- Kidney failure
- Formation of a blood clot (hematoma)
- Heart attack
- Damage to adjacent structures (tendons, muscles, nerves)
- Stroke (muscles, nerves)
- Death
- Puncturing of a lung (pneumothorax)
- Damage to the heart
- Puncturing of the heart or a vein on the outside of the heart (tamponade)

## **After your doctor implants your ICD, you may experience certain complications. These may include, but are not limited to:**

- You may develop an infection.
- You may experience erosion of the skin near the device.
- The lead(s) may move out of place in the heart.
- The electrodes on the lead or the pacing pulses may cause an irritation or damaging effect on the surrounding tissues. This includes heart tissue and nerves.
- The device may move from the original implant site (migration).
- You may not feel or function the same psychologically.
- The device may deliver inappropriate therapy (shocks or pacing).
- The device might not be able to detect or appropriately treat your heart rhythms.
- The device may exhibit malfunctions that may result in lost or compromised ability to deliver therapy.

## **When your device or leads are replaced, the potential risks may be similar to, or even greater than, those of your original ICD implant. Additional risks from these replacement procedures may include:**

- Damage to existing parts of the implanted system
- Damage to the heart
- Bleeding
- Death

It is important for you and your doctor to consider these potential risks when making a decision about device replacement. For more information on device monitoring and replacement, see the back cover of this brochure.

