

PACE - Johannesburg Support Group

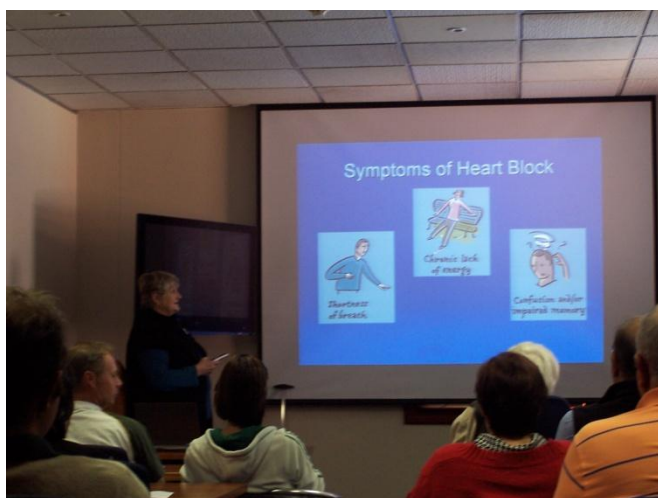
The group held the third meeting for 2010 at the Medtronic offices on Saturday 21 August 2010.

The meeting was attended by 32 people among whom were three new members.

The speaker Danielle Frade of Medtronic spoke on living with your device. The talk included the various types of arrhythmia, where they occur in the heart, accompanied by excellent graphics of what happens during an arrhythmia attack and how the device corrects the problem. The insertion of the leads and the various problems in placing the left ventricular lead was also illustrated.



We were also informed of what to be careful of in our day to day activities, what to avoid and what to be careful of in order to avoid the devices not function as required. Danielle also included a list of what to take note of with reference to medical care, especially if we were to face surgery with electrocautery, MRI scans and other medical equipment.



Throughout the discussion there was many questions and lively discussion on all aspects of arrhythmia and living with a device, including what exercise was best and what to avoid. In general the decision from Danielle was

if you can do it and feel good then do it, but do not over do exercise.

Tony Michler – Johannesburg Support Group