We meet four times during the year
- February
- May
- September
- November
Meetings take place at the home of Milton Keynes Community Cardiac Group
Hinton Hall
296 Whaddon Way
Bletchley
Milton Keynes
MK3 7GB
We also produce a Newsletter, which we circulate to everyone connected to the group.

Useful contacts:

**Milton Keynes Cardiology Department:**
- 01908 243161
- Cardiac Physiologist (Diane) 01908 243166 ext 2294

Out of hours contact: Coronary Care Unit
- 01908 243061

John Radcliffe ICD Clinic
Nicola Meldrum & Elaine Watson
- 01865 221667

Out of hours contact: Cardiology ward
- 01865 572671

**Affiliated to:**

Tel- 01789 450787

Supported locally by
- Milton Keynes Community Cardiac Group
  - Tel 01908 632999.
- The Cardiology team at Milton Keynes Hospital

We exchange information and maintain contact with other ICD support groups.

Contacts

Sam & Rosi Shunmoogum
Phone 01908 368294
e-mail:
- sam.shunmoogum@gmail.com
- rshunmoogum@hotmail.com

Designed & printed by R Shunmoogum 12.02.2010
**What is an ICD.**

*Implantable Cardioverter Defibrillator* is made up of a small, slim, boxed shape device which contains a battery and electronic circuits. The device is connected to the heart by one or more wires (called leads) The leads are passed along a blood vessel to the heart and the ICD box is usually implanted under the skin in the upper chest, near the collar bone.

Most modern ICDs have three main functions:

- If the heart rhythm is too slow, the device can give your heart extra support by working as a normal pacemaker. This is called anti-bradycardia pacing.
- If the heart beats too fast, the ICD can give you a burst of extra beats at slightly faster rate which will normally return the heart back to a normal rhythm. This is called anti-tachycardia pacing (or ATP).
- If the anti-tachycardia pacing doesn’t bring your heart back to a normal rhythm, or if the ICD senses a faster dangerous rhythm called ventricular fibrillation, the ICD can then give a shock. This is called Defibrillation.

Our Aims

To support individuals with an Implantable Cardioverter Defibrillator and their partners, family, and friends.

Our objectives are:

- To provide support to each other at our quarterly meetings.
- To support our families.
- To share our experiences both in and out of hospital.
- To exchange information about coping with daily life.
- To discuss possible difficulties encountered with working life.
- To meet and support individuals, who have been identified as in need of an ICD.

From AA booklet "ICD patient Information" (April 2009 revision)

Innovation in ICD is ongoing and new improved devices are available i.e. CRT, CRT-D, ICD/CRT.