

STARS

Syncope Trust And Reflex anoxic Seizures

Bertie's Pacemaker

www.stars.org.uk

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Working together with individuals, families and medical professionals to offer support and information on syncope and reflex anoxic seizures.

BIG WORDS

Electrocardiogram (ECG)

A machine that records your heartbeat

Cardiologist

A heart expert

Pacemaker

A small device placed under the skin that helps your heart beat properly

Cardiac Electrophysiologist

A special heart rhythm doctor

Word Search How many words can you find?

Words can be found forwards, backwards and diagonally.

N	U	R	M	E	D	I	C	I	N	E	C	T	R	L
M	E	D	I	C	I	E	C	G	H	A	R	L	U	I
T	A	H	C	G	E	I	S	A	T	A	P	I	N	P
I	E	S	R	U	N	C	L	C	E	A	T	B	H	O
H	L	A	T	I	P	S	O	H	H	P	U	S	U	H
O	G	I	L	M	E	D	I	C	O	L	C	K	A	I
S	K	C	G	E	P	U	L	S	E	J	D	O	O	F

FAST, CLINIC, HOSPITAL, NURSE, ECG, MEDICINE, HEART, PULSE

"BERTIE'S 'IT' AGAIN!"

Lilly would shout as I tried to run away. I would always be the first to get tagged and it wasn't fair!

I used to get tired and out of breath very easily. I'd find it hard to do simple things like running up the stairs, walking the dog or keeping up with all my friends when we were playing.



I didn't like it. Sometimes it would upset me and make me cry.



Mum always made me feel better with a lovely big cuddle.

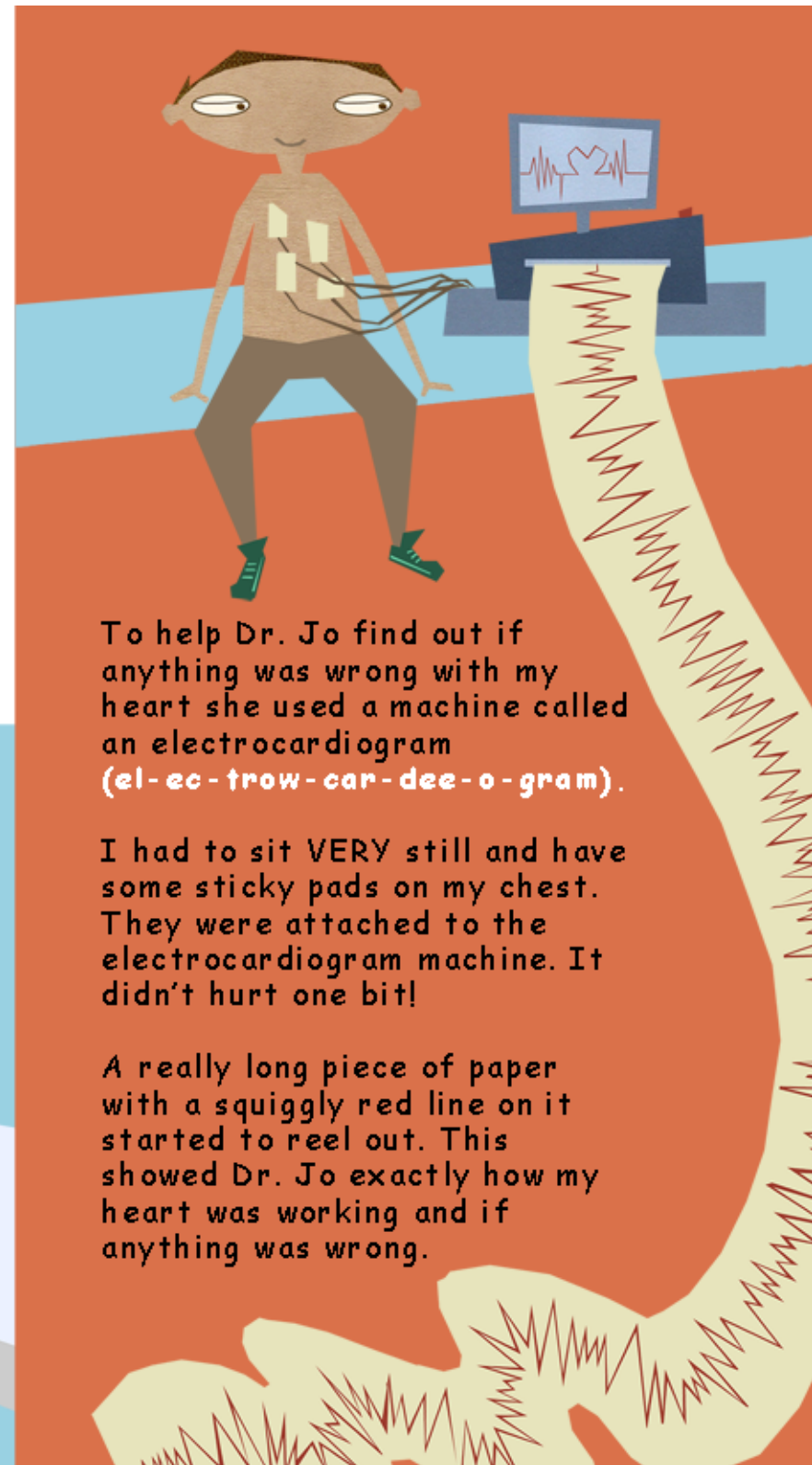
She told me that we would go to the doctor to see if he could help me play for longer.

The doctor thought that I might have something wrong with my heart so he sent us to see a special heart doctor called Dr. Jo White.



Another name for a heart doctor is a **Cardiologist** (*car-dee-olo-jist*). Bet you can't say that word first time round!

Dr. Jo asked me all sorts of questions about when I felt tired and out of breath. Then she listened to my heart.

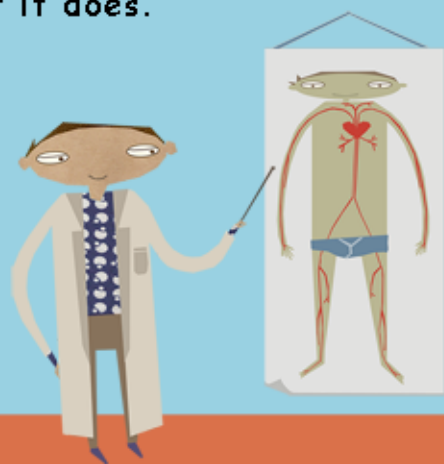


To help Dr. Jo find out if anything was wrong with my heart she used a machine called an **electrocardiogram** (*el-ec-trow-car-dee-o-gram*).

I had to sit **VERY** still and have some sticky pads on my chest. They were attached to the electrocardiogram machine. It didn't hurt one bit!

A really long piece of paper with a squiggly red line on it started to reel out. This showed Dr. Jo exactly how my heart was working and if anything was wrong.

Dr. Jo asked me if I knew how the heart worked and what it does.



We'd just learnt about the heart at school and we were told that **the heart pumps blood around our body.**

Dr. Jo was very impressed. She said that maybe one day I could be a heart doctor...Dr. Bertie!

She then explained that our blood has lots of very important jobs. One of them is to carry oxygen and nutrients to all the parts of our body.

"This gives your body the energy to run around and play. If you feel so tired all the time Bertie, maybe it's because your legs and arms are not getting enough energy!"

Word Search

How many words can you find?

Words can be found backwards, forwards and diagonally. Good luck!

P	D	E	E	T	B	O	S	U	P	I	J	S	I	J	X	W	Y
A	E	O	E	B	E	A	T	R	E	K	A	M	E	C	A	P	D
T	R	P	C	N	D	T	S	I	G	O	L	O	I	D	R	A	C
I	P	T	E	T	W	E	U	X	C	M	K	I	E	N	C	H	A
E	G	R	T	F	O	K	G	I	G	D	A	B	E	A	N	T	R
N	K	V	N	K	W	O	L	S	R	C	O	A	T	R	Y	O	O
T	M	A	R	G	O	I	D	R	A	C	O	R	T	C	E	L	E

Doctor, Cardiologist, Electrocardiogram, Pacemaker, Bed, Beat, Slow, Patient

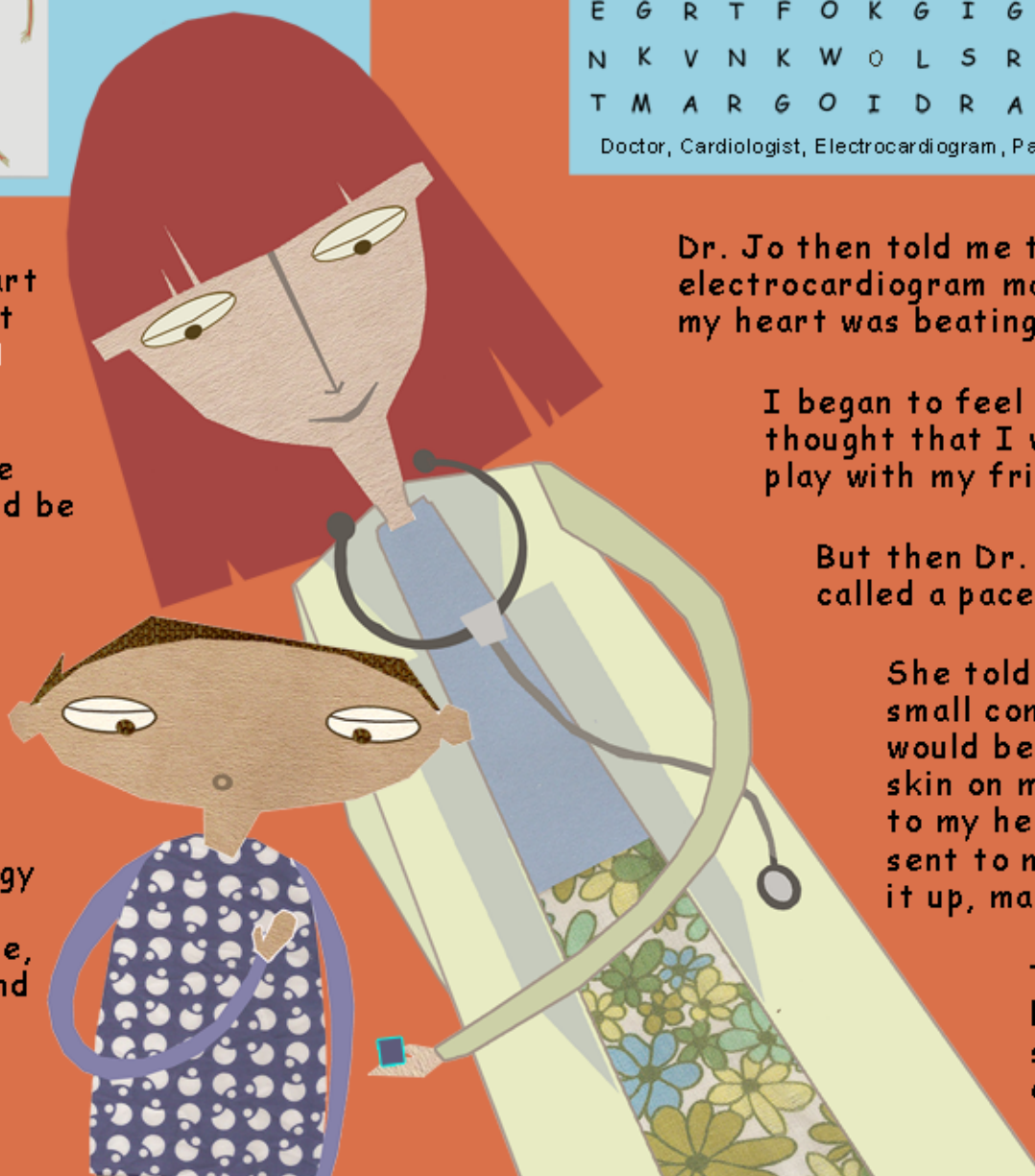
Dr. Jo then told me that the electrocardiogram machine showed her that my heart was beating too slowly.

I began to feel sad again because I thought that I would never be able to play with my friends properly.

But then Dr. Jo showed me a tiny box called a pacemaker (**pay-s-may-ka**).

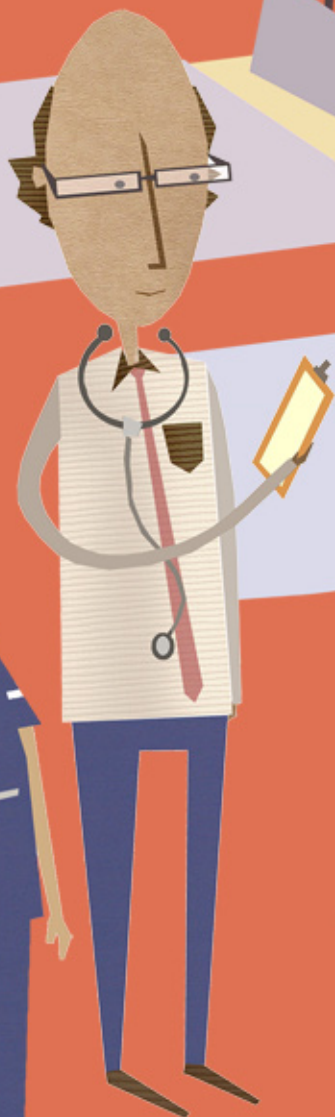
She told me that it was like a small computer and battery that would be placed just under my skin on my chest and connected to my heart. Signals would be sent to my heart to help speed it up, making it beat normally.

This would make me feel better and I liked the sound of that. Then I could play forever!





A week later I went to the hospital to get my pacemaker. I was glad mum was with me. I was really nervous and could feel butterflies in my tummy.



In the hospital I was taken to my bed by the nurse. She gave me a bracelet with my name on it and my own pyjamas.

All the doctors and nurses were really friendly. They explained that I would be asleep for a little bit and whilst I was napping the doctor would fit my pacemaker. They reassured me that I wouldn't hear, feel or remember anything!

After I made myself comfortable, the nurse gave me some special medicine which made my eyes feel really heavy and sleepy.

Then I was wheeled
down the corridor
ON MY BED!

I was pushed through
two massive swinging
doors and into a room
that was full of strange
looking machines. Mum
gave me a big cuddle and
I can't really remember
much more. I was so
tired and could feel my
eyes closing...

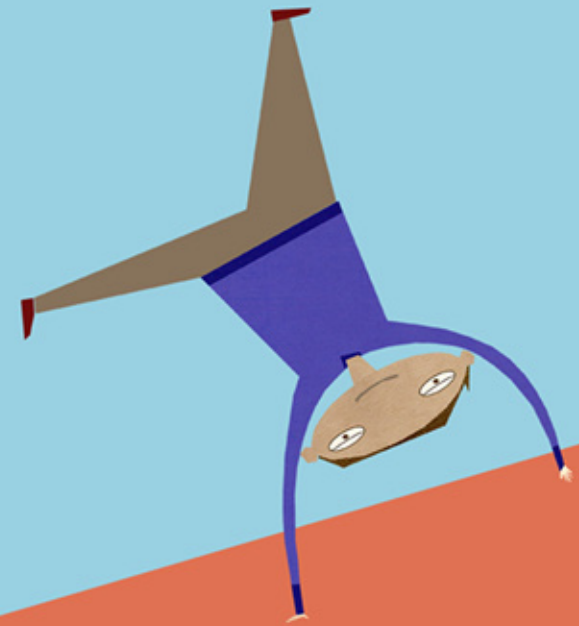
The next thing I
remembered was
mum looking over
me,

"wake up sleepy
head," she said
softly.

I felt groggy and
like I could sleep
for a hundred
years, but I was
happy and excited
to go out and test
my brand new
pacemaker!

I knew I would
have to wait a
while before I
could go and play
with my friends
because I had a
big plaster across
my chest where
my pacemaker had
been fitted.

It felt a bit sore
but the nurse said
that it would heal
quickly.



Now my heart is fixed and it
feels great!

I don't feel my pacemaker
but I can tell it's working
because I'm always the last
to get tagged and I can run
up the stairs as fast as
lightning!

I occasionally see another
special heart doctor called a
Cardiac Electrophysiologist
(**Car-dee-ak
El-ec-trow-fis-ee-olo-jist**)
to make sure my pacemaker
is working properly. I also
have a card that I keep with
me all the time that tells
people about my pacemaker.

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Please be aware that this publication includes a fictional story. The medical content of this booklet is accurate and approved but it is always necessary to discuss an individual's condition with their own doctor. This book should be read with the assistance of an adult.

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