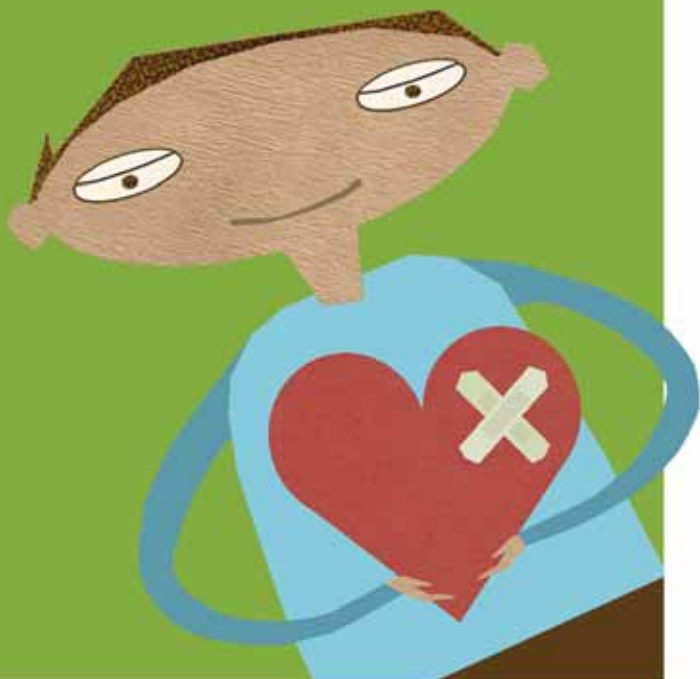


# STARS

Syncope Trust And Reflex anoxic Seizures

## Bertie's Pacemaker



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

[www.stars.org.uk](http://www.stars.org.uk)

Registered Charity No. 1064898 ©2010

# 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.



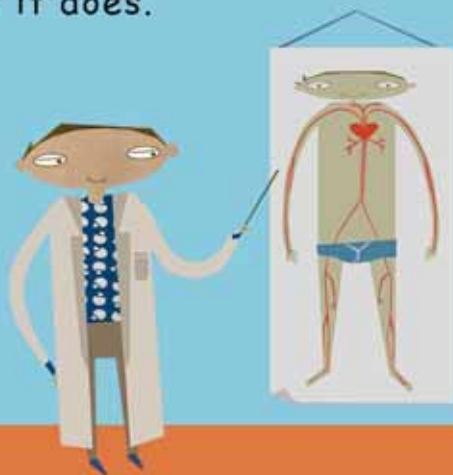


To help Dr. Jo find out if anything was wrong with my heart she used a machine called an electrocardiogram (el-ec-trow-car-dee-o-gram).

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...



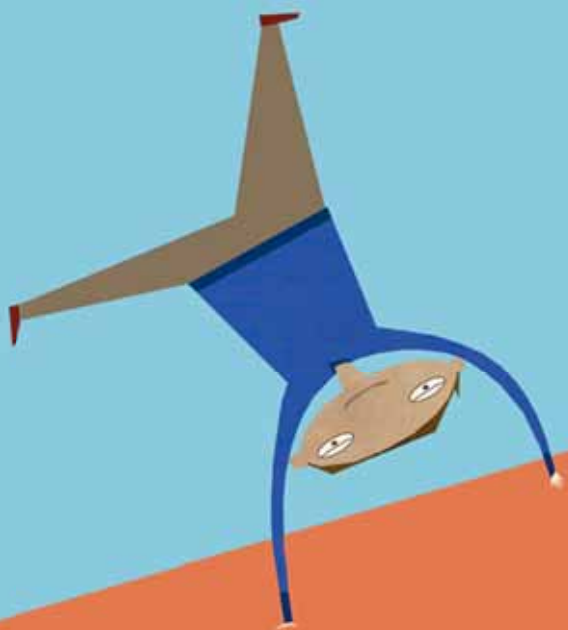
The next thing I remembered was mum looking over me,

"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.

# STARS

Syncope Trust And Reflex anoxic Seizures

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

The medical content of this booklet is accurate, however, please be aware that this publication includes a fictional story and it is always necessary to discuss individual cases with a doctor.

## Author & Illustrator:

Laura Dunn

## Reviewed by:

STARS Medical Advisory Committee

PO Box 175  
Stratford upon Avon  
Warwickshire  
CV37 8YD UK

+44 (0)1789 450 564

info@stars.org.uk

www.stars.org.uk

Registered Charity  
No. 1084898

© STARS Published  
May 2010, Reviewed December  
2013, Planned Review Date  
July 2016



endorsed by  
 Department  
of Health

## Patrons

Prof. J B P Stephenson Consultant Paediatric Neurologist

Dr A P Fitzpatrick Consultant Cardiologist

Prof. R A Kenny Professor of Cardiovascular Research

Prof. C J Mathias Professor of Neurovascular Medicine

Dr W Whitehouse Consultant Paediatric Neurologist

Dr Wouter Wieling Consultant Paediatric Neurologist

Sir Elton John

Mrs Twiggy Lawson

Sir Roger Moore KBE

Mr John Burton Race

## Trustees

Mr Andrew Fear

Mrs Cathrine Reid

Prof. Rose Anne Kenny

Dr William Whitehouse

## Founder & Chief Executive

Mrs Trudie Lobban MBE

## Patient Services

info@stars.org.uk

If you would like further information or would like to provide feedback please contact STARS.

