

STARS

Syncope Trust And Reflex anoxic Seizures®

www.stars.org.uk

Jane's ILR



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

BIG WORDS

Cardiologist

A heart doctor

Electrocardiogram (ECG)

A machine that records your heart rate and rhythm

Implantable Loop Recorder (ILR)

A small device placed under your skin to record your heart's activity

Activator

A remote controller that talks to your ILR

Cardiac Physiologist

A specialist who helps to check and provide information about your heart rate and rhythm

Pacemaker

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

Last summer I was playing in the garden with my dog Eric, when I got a fluttering feeling in my heart. I felt very dizzy, like I had been running around in circles.



Everything went dark and the next thing I remembered was mum looking over me and stroking my head softly. I was scared and began to cry, so mum gave me a big cuddle.



My mum took me to see the Doctor. He thought that I might have something wrong with my heart and sent us to the hospital to see a heart specialist called Dr. White.

Another name for a heart doctor is a *Cardiologist* (car-dee-olo-jist).

Dr. White asked me questions about when I felt dizzy and fainted. Then she listened to my heart.





To help Dr. White find out if anything was wrong with my heart she used a machine called an electrocardiogram (el-ec-tro-car-dee-o-gram) also known as an ECG.

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

A really long piece of paper with a squiggly red line on it came out of the machine. This showed Dr. White exactly how my heart was working.

After all the questions and tests, Dr. White still couldn't work out why my heart fluttered and why I fainted.

Then Dr. White showed me a tiny box called an Implantable Loop Recorder (im-plant-a-bull loop rek-or-der) also known as an ILR.

She told me that an ILR is a small computer that could record my heartbeat when I feel dizzy and unwell. It would be placed just under the skin on my chest and connected to my heart.



Word Search How many words can you find?

Words can be found forwards, backwards and diagonally.

E L E C T R O C A R D I O G R A M
C A R D I A C T I C K C L I L R A
L A I D R A N O I T A R E P O I C
I P H Y S I O L O G I S T O O L H
N N I L C V E L B A T N A L P M I
I M P L A N T R O T A V I T C A N
C I R E D R O C E R A T I C K L E

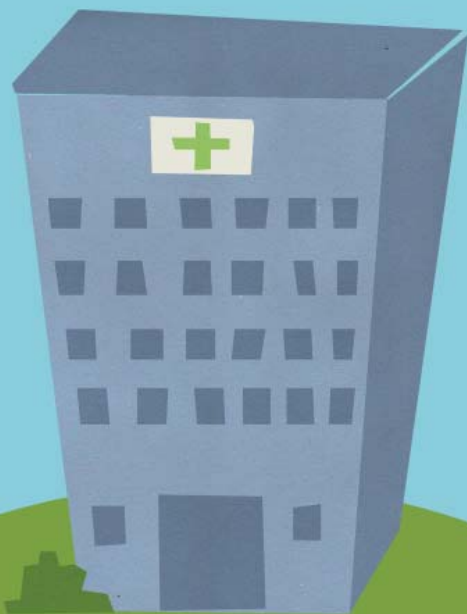
ELECTROCARDIOGRAM, MACHINE, TICKLE, IMPLANTABLE, LOOP, RECORDER,
ACTIVATOR, ILR, OPERATION, CARDIAC, PHYSIOLOGIST, CLINIC



Dr. White then showed mum a special controller, like the one for the T.V. called an activator (ak-te-vay-ter).

When I felt dizzy or fainted, mum would have to put the controller over my chest and press the big button on it.

This would record my heart's activity so Dr White could see if anything was wrong.



A week later I went to the day clinic at the hospital to have my ILR fitted. I was glad mum and dad were with me because I was really nervous and could feel butterflies in my tummy.

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



The nurse gave me some special medicine which made my eyes feel heavy and sleepy. I was wheeled down the corridor on my bed to have my operation. I was so tired and could feel my eyes closing...

I don't remember anything after that until I woke up feeling tired and wobbly. I had a big plaster over my chest and it felt a bit sore, but the nurse said that it would not be long before it was better.

A doctor's assistant called a Cardiac Physiologist (car-dee-ak fis-ee-olo-jist) checked my ILR to see if it was working properly and then he said I could go home.





I didn't feel dizzy or faint for about two months after I had my ILR fitted. Then one Saturday afternoon, mum and I were in the park walking Eric when I started to feel lightheaded. Then I fainted!

Mum had the activator in her handbag so she got it out, held it over my chest and pressed the button. I woke up feeling tired and scared so we went straight home.

I went for a lie down while Mum sent the recorded information to the hospital and made an appointment for me to visit Dr. White again.



At the hospital Dr. White told us that the ILR showed my heart was beating too slowly.

I began to feel upset but then Dr. White showed me a tiny box called a pacemaker (pace-may-ker).

She said that I was special, because not everybody with an ILR would need a pacemaker.

He told me that a pacemaker is similar to an ILR. It is also a small computer that would be put in my chest instead of the ILR. My pacemaker would send signals to my heart to tell it to go faster and beat normally.

It was all quite scary but I was excited because my heart would soon be working properly.



Now I have an appointment at the hospital to have my ILR removed and my pacemaker fitted.

I may have a problem, with my heart but it doesn't stop me from doing what my friends do. Just sometimes my heart will have a little help from my pacemaker.

STARS

Syncope Trust And Reflex anoxic Seizures®

www.stars.org.uk

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.

Acknowledgements: STARS would like to thank all those who helped in the development and review of this publication. In particular, thanks are given to Laura Dunn and Dr Charlotte D'Souza.

Unit 6B
Essex House
Cromwell Business Park
Chipping Norton
Oxfordshire
OX7 5SR

☎ +44 (0)1789 867 503
✉ info@stars.org.uk
➔ www.stars.org.uk

Registered Charity
No. 1084898

© STARS
Published May 2010,
Reviewed April 2017



endorsed by
 Department
of Health

Patrons®

Prof. J B P Stephenson
Dr A P Fitzpatrick
Prof. R A Kenny
Prof. C J Mathias
Dr W Whitehouse
Dr W Wieling

Sir Elton John
Mrs Twiggy Lawson
Selma Blair

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

Trudie Lobban MBE

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

