



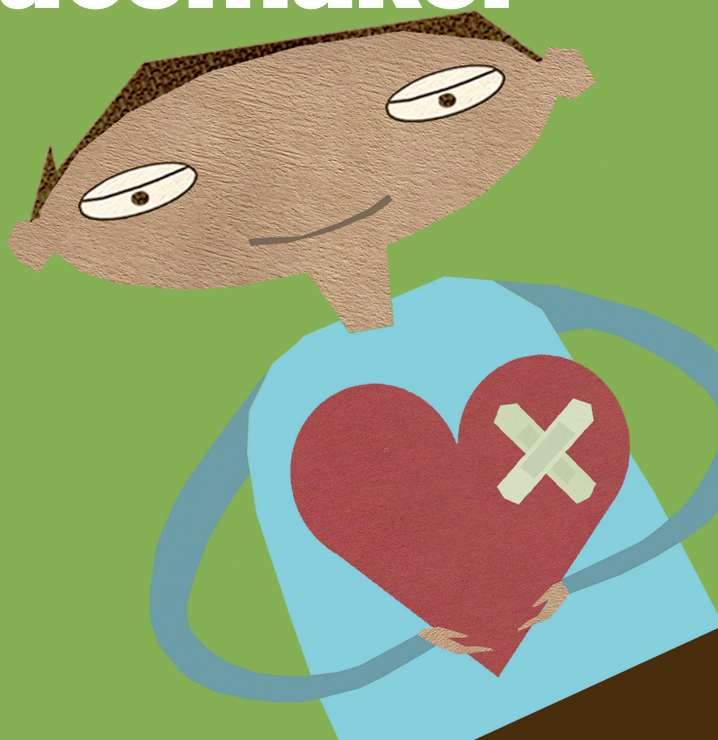
Arrhythmia Alliance

**STARS**

Syncope Trust And Reflex anoxic Seizures

[www.hearhythmalliance.org](http://www.hearhythmalliance.org)

# Bertie's Pacemaker



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

**Cardiac Electrophysiologist**  
A special heart rhythm doctor

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

**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 was not fair!

I used to get tired and out of breath very easily. I would 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 did not like it.  
Sometimes it would upset  
me and make me cry.



TAG!



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

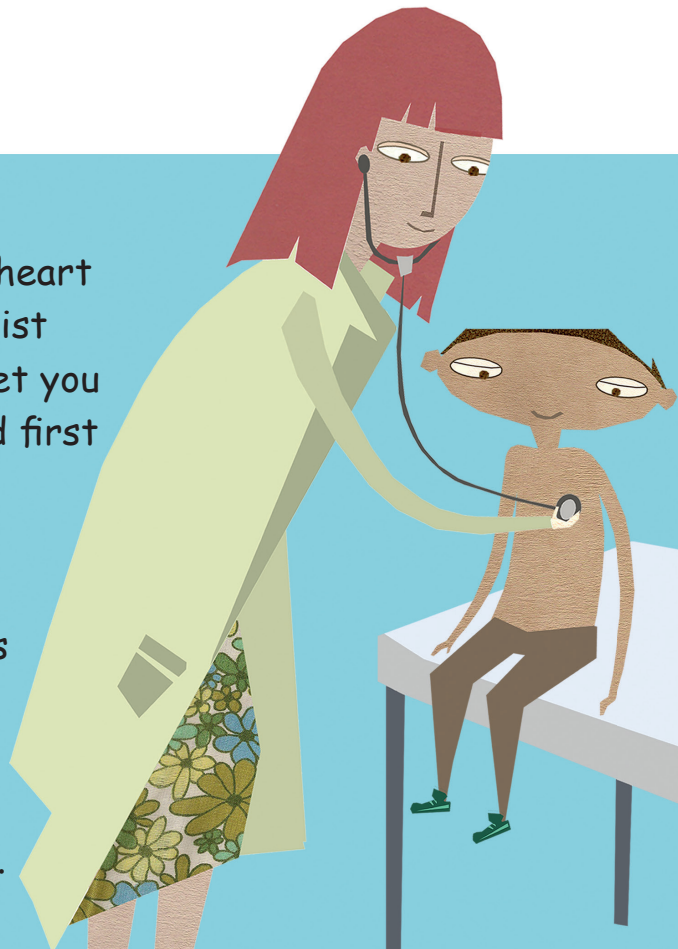
She told me that we would go to the doctor to see if he could help me play longer.

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

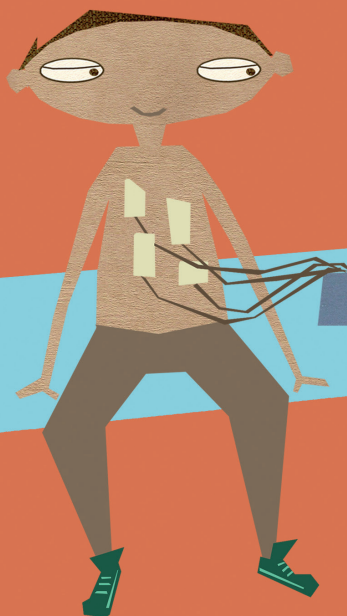


Another name for a heart doctor is a Cardiologist (car-dee-olo-jist). Bet you cannot say that word first time round!

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





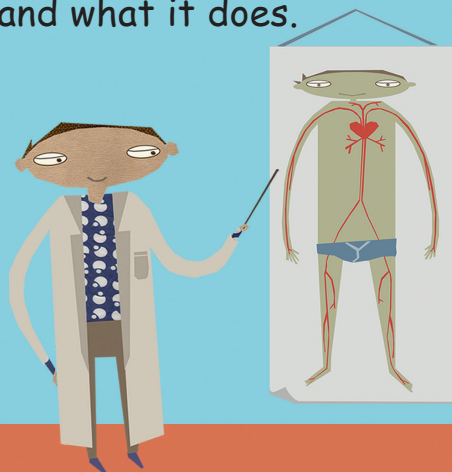


To help Dr. White find out if anything was wrong with my heart she used a machine called an electrocardiogram (el-ect-tro-car-dee-o-gram) also known as an ECG.

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

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

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



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

Dr. White 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 is 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. White then told me that the ECG machine showed her that my heart was beating too slowly.

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

But then Dr. White showed me a tiny box called a pacemaker (pace-may-ker).

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 cannot  
remember much more.  
I was so tired and could  
feel my eyes closing...

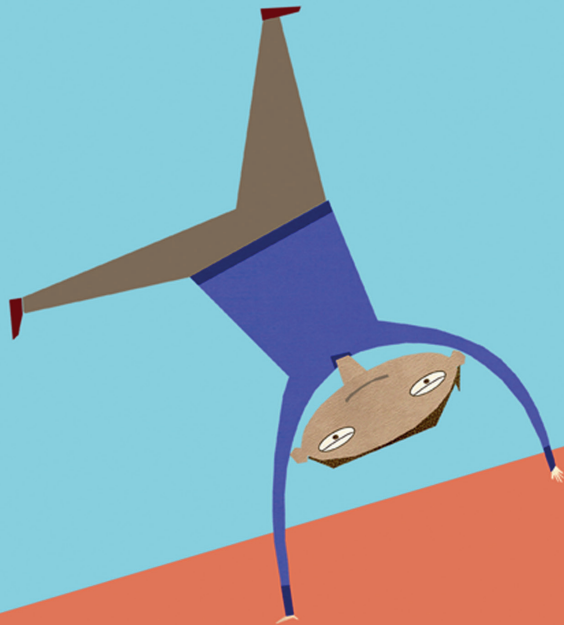


The next thing I remembered was my mum looking over me. "Wake up sleepy head," she said softly.

I felt groggy and like I could sleep for a hundred years, but I was 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.

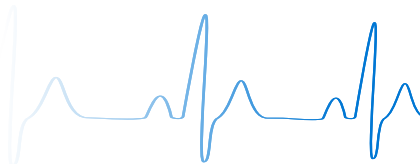
It felt a bit sore but the nurse said that it would heal quickly.



Now my heart is fixed and it feels great!

I do not feel my pacemaker but I can tell it is working because I am always the last to get tagged and I can run up the stairs as fast as lightning!

I occasionally see another specialist heart doctor called a Cardiac Electrophysiologist (car-dee-ak elek-tro-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.



Working together to  
improve the diagnosis,  
treatment and quality  
of life for all those  
affected by syncope



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endorsed by  
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**"A delightful booklet which was enjoyed  
by the siblings and still looked at"**

Sophie, Lincoln

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QR code below:



Please remember that this publication  
provides general guidelines only. Individuals  
should always discuss their condition with  
a healthcare professional. If you would like  
further information or would like to provide  
feedback, please contact STARS.

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