

# Living with a Pacemaker

You can usually do almost everything you did before you got your pacemaker. One of the things you might do is exercise, which is a great way to improve your health. Also, see your doctor regularly to help ensure that you remain healthy and feeling good.

## Carry an ID Card



- When you first get your pacemaker, you'll be given an ID card to carry.
- This ID card contains important information about your pacemaker. Show it to any doctor, dentist, or other medical professional you visit.
- Because pacemakers tend to set off metal detectors, you may need to show your card to security personnel.

## What to Avoid



- When using a cellular phone, hold it to the ear farthest from your pacemaker. Don't carry it in your breast pocket, even when it's turned off.
- Avoid very strong magnets such as those used for an MRI or in hand-held security wands.
- Avoid strong electrical fields such as those made by radio transmitting towers, ham radios, and heavy-duty electrical equipment. A running engine also makes an electrical field. Avoid leaning over the open hood of a running car.
- **Call your doctor if** you experience any symptoms, such as dizziness or palpitations, from any of the above.

## What's Okay



- Microwave ovens and other appliances that are in good repair.
- Computers, hair dryers, power tools, radios, televisions, stereos, electric blankets, vacuum cleaners, heating pads, and cars are all okay to use.