

## Keeping pace

Here's what to expect with a pacemaker

### ANCHOR LEDE

After leading a pacemaker clinic at OSF HealthCare for 13 years, James Borbely, RN, knows how the tiny devices make a big difference for heart patients. And in 2024, technology advances are making the devices easier to manage.

### TAKE VO

A pacemaker paces a slow heartbeat. It's put in your chest, and wires go to the heart. A home monitor keeps an eye on how it's working.

### \*\*\*SOT\*\*\*

James Borberly, RN [BOR-blee]

OSF HealthCare

**"If they have an arrhythmia, the device can catch it on a self-check it does every day. It communicates with the monitor. If it shows something is out of parameters, it'll send me a message." (:17)**

### VO TAG

While doctors have this down to a science, there are things to know about living with a pacemaker. Keep your cell phone away from your chest. Expect to set off metal detectors. And no skydiving or arc welding.

But it's a small price for a new lease on life.