



WHAT CAN I DO ABOUT ATRIAL FIBRILLATION?

Finding answers about
atrial fibrillation

Medtronic

DEBBIE'S STORY



With a full schedule of entertaining friends, dancing, working as a nurse and babysitting her "grand-dog," Jake, Debbie kept fit, happy and very busy. She thought she was in perfect health.

So when she started experiencing an uncomfortable heart fluttering, she tried to ignore it. When the episodes became more frequent, she felt she could no longer deny that something was wrong and that's when she made an appointment with a cardiologist (heart specialist).

"I tried several heart-related tests to diagnose my problem," described Debbie, "but none of the tests gave me any answers. I was scared and frustrated, and started to wonder if I was crazy."

During an especially bad episode at work, Debbie's heart fluttering progressed until she lost consciousness. Her doctor suggested she try an insertable cardiac monitor—a device that continuously records the heart's activity and would help Debbie's doctor determine the cause of her episodes. The device was inserted

through a quick outpatient procedure and Debbie was able to go about her normal daily routine knowing her heart was being monitored all the while.

Later, Debbie again felt that uncomfortable heart sensation, but this time her doctor was able to access information about what her heart was doing during the episode.

The upper chambers (atria) of Debbie's heart were beating very fast and irregularly. Based on this information, she was referred to a specialized type of heart doctor called an electrophysiologist (EP). The insertable cardiac monitor helped guide the EP in developing a treatment plan for Debbie that eventually helped her gain her old energy and enthusiasm.

"I was so excited that it captured an abnormal heart rhythm. It wasn't in my head after all!"



This story reflects one person's experience. Not every person will receive the same results. Talk to your doctor about your treatment options.

To learn more about cardiac monitoring including more personal stories, visit MonitorYourHeart.com/stories

THINGS TO KNOW ABOUT ATRIAL FIBRILLATION

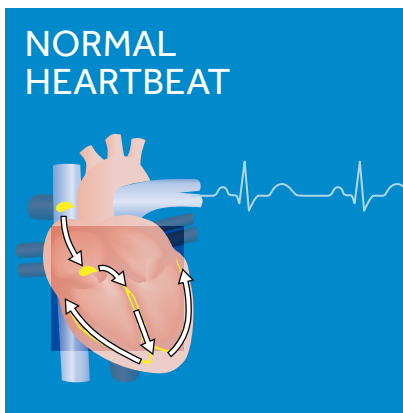
Atrial fibrillation (also referred to as AF or AFib) is a common condition in which the upper chambers of the heart, or atria, fibrillate. This means that they beat very fast and irregularly so the heart can't pump blood effectively to the rest of the body. AFib may cause you to experience one or more of these symptoms:

- Irregular heartbeats
- Thumping or pounding heartbeats
- A feeling that the heart is racing
- Chest discomfort
- Fainting or light-headedness
- Fatigue, shortness of breath or weakness

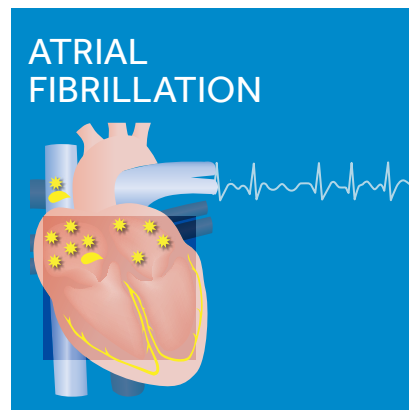
However, some people have no symptoms and discover that they have AFib at a doctor's appointment. Even for people who have no symptoms, AFib is a serious medical condition that can lead to complications.

THE RISKS OF ATRIAL FIBRILLATION

People with AFib are nearly 5 times more likely to have a stroke than someone who doesn't have AFib.¹ Also, over time AFib may weaken the heart and lead to heart failure—a condition in which your heart can't circulate enough blood to meet the needs of your body. There are medications and treatments that can reduce or eliminate AFib, so be sure to talk to your doctor if you have symptoms or risk factors.



A small pulse of electric current spreads quickly through the heart to make the muscle contract.



In atrial fibrillation, the heart's upper chambers quiver faster than the rest of the heart.

CARDIAC MONITORING CAN UNLOCK THE ANSWER

If you have AFib, or your doctor suspects that you do, cardiac monitoring may be necessary to determine how often and how long it occurs. Sometimes episodes of AFib are infrequent and require longer-term monitoring and in some cases, your doctor may also want to monitor how effective different treatments are at keeping your AFib under control.

Types of cardiac monitoring vary in terms of how long they can be used and how information is captured. Common types of cardiac monitoring systems include:

- Holter Monitors
- Event Recorders
- Mobile Cardiac Telemetry Systems
- Insertable Cardiac Monitoring Systems



HOLTER MONITOR

A portable external monitor that includes wires with patches that attach to the skin. It continuously measures and records the heart's activity for **1-2 days**.



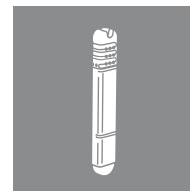
EVENT RECORDER

A recorder worn on the body for **up to 30 days**. It typically requires activation by pushing a button to record the heart's activity.



MOBILE CARDIAC TELEMETRY

A wearable monitor that automatically detects, records and transmits abnormal heart rhythms for **up to 30 days**.



INSERTABLE CARDIAC MONITOR

An insertable monitor placed just under the skin that automatically detects and records abnormal heart rhythms for **up to 3 years**.

SEEQ™ MCT SYSTEM



UP TO 30 DAYS OF CARDIAC MONITORING

The SEEQ Mobile Cardiac Telemetry (MCT) System includes a self-adhesive wearable sensor that continuously monitors your heart, records irregular heart rhythms and communicates through a hand-held transmitter to the Medtronic Monitoring Center for review.

Simple

Easily apply the peel-and-stick wearable sensor yourself. It's like an adhesive bandage that can be worn day and night—even in the shower.

Wireless

Communicates through a cellular network to the Medtronic Monitoring Center via the Transmitter you carry with you.

Discreet

The sensor can be worn beneath your clothing at work, at play or while sleeping.



Heart data is recorded with the SEEQ wearable sensor



The Transmitter sends data wirelessly to the Medtronic Monitoring Center

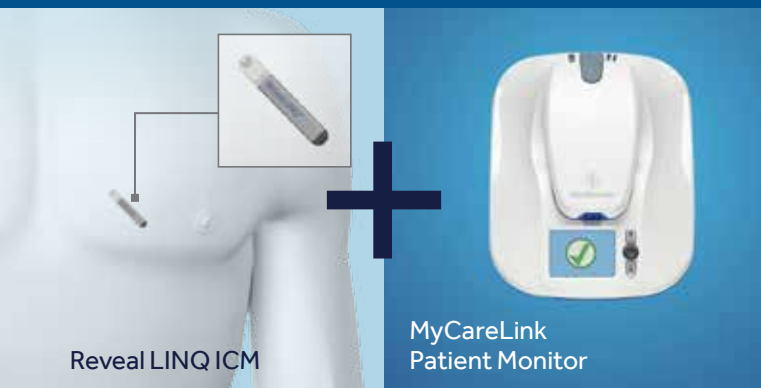


Cardiographic technicians are available 24/7 to watch for unusual activity



Clinical reports are made available to your doctor

THE REVEAL LINQ™ SYSTEM



UP TO 3 YEARS OF CARDIAC MONITORING

The Reveal LINQ System includes a small insertable cardiac monitor (or ICM) that continuously monitors your heart, records irregular heart rhythms and provides data to your doctor through a bedside transmitter called the MyCareLink™ Patient Monitor.

Discreet: The Reveal LINQ ICM is not visible in most patients.

Easy: The MyCareLink Monitor uses a cellular signal and a power outlet.

MRI Compatible: The Reveal LINQ ICM is safe for use in an MRI setting.



Heart data is recorded with the Reveal LINQ ICM.



You go to bed near your MyCareLink Monitor.



Your data is shared with the MyCareLink Monitor.



Your doctor can access your data.



Your doctor will contact you if necessary.

All surgical procedures carry risks, but those associated with the Reveal LINQ System are rare. Since the ICM is inserted just under the skin, there is a small risk of infection and/or sensitivity.

GET MORE INFORMATION



Learn more about Medtronic heart monitoring options, read patient stories and find answers at **MonitorYourHeart.com**



Please talk to your doctor if you are interested in finding out more about the SEEQ System or the Reveal LINQ System.

Reference

- ¹ Wolf PA, Abbott RD, Kannel WB. Atrial fibrillation as an independent risk factor for stroke: The Framingham Study. *Stroke*. August 1991;22(8):983-988.
- * Reveal LINQ ICM has been demonstrated to pose no known hazards in a specified MR environment with specified conditions of use. Please see Reveal LINQ clinician manual for more details.

Additional Device Information

Reveal LINQ™ Insertable Cardiac Monitor

The Reveal LINQ Insertable Cardiac Monitor is an implantable patient-activated and automatically-activated monitoring system that records subcutaneous ECG and is indicated in the following cases:

- patients with clinical syndromes or situations at increased risk of cardiac arrhythmias
- patients who experience transient symptoms such as dizziness, palpitation, syncope, and chest pain, that may suggest a cardiac arrhythmia

The device has not been tested specifically for pediatric use.

Possible risks associated with the implant of the Reveal LINQ Insertable Cardiac Monitor include, but are not limited to, infection at the surgical site, device migration, erosion of the device through the skin and/or sensitivity to the device material.

Treatment with a Reveal LINQ Insertable Cardiac Monitor is prescribed by your physician. This treatment is not for everyone. Please talk to your doctor to see if it is right for you. Your physician should discuss all potential benefits and risks with you. Although many patients benefit from the use of this treatment, results may vary. For further information, please call the Medtronic toll-free number at 1 (800) 551-5544 (7:00 a.m. to 7:00 p.m., Monday-Friday, Central Time) or see the Medtronic website at www.medtronic.com.

Patient Assistant

The Patient Assistant is intended for unsupervised patient use away from a hospital or clinic. The Patient Assistant activates the data management feature in the Reveal Insertable Cardiac Monitor to initiate recording of cardiac event data in the implanted device memory.

Operation of the Patient Assistant near sources of electromagnetic interference, such as cellular phones, computer monitors, etc., may adversely affect the performance of this device.

Medtronic MyCareLink™ Patient Monitor

The Medtronic MyCareLink Patient Monitor is a prescription product indicated for use in the transfer of patient data from some Medtronic implantable cardiac devices based on physician instructions and as described in the product manual. The MyCareLink Patient Monitor transmissions to the CareLink™ Network are subject to cellular service availability. The MyCareLink Patient Monitor must be on and in range of the device in order to wirelessly receive data from your implanted device. This product is not a substitute for appropriate medical attention in the event of an emergency and should only be used as directed by a physician.

The Medtronic CareLink Service is prescribed by your physician. This service is not for everyone. Please talk to your doctor to see if it is right for you. Your physician should discuss all potential benefits and risks with you. Although many patients benefit from the use of this service, results may vary. For further information, please call CareLink Patient Services at 1 (800) 929-4043 (8:00 a.m. to 5:00 p.m., Monday-Friday, Central Time) or see the Medtronic website at www.medtronic.com.

SEEQ™ Mobile Cardiac Telemetry System

Indications

The Medtronic SEEQ™ Mobile Cardiac Telemetry (MCT) System is intended to continuously measure, record and periodically transmit physiological data. The System is indicated for those patients who require monitoring for the detection of non-lethal cardiac arrhythmias, such as, but not limited to, supraventricular tachycardias (e.g., atrial fibrillation, atrial flutter, paroxysmal SVTs), ventricular ectopy, bradyarrhythmias and conduction disorders. The SEEQ MCT System monitors, derives and displays: ECG, Heart Rate.

Contraindications

- Patients with known allergies or hypersensitivities to adhesives or hydrogel
- Patients with potentially life-threatening arrhythmias, or who require inpatient/hospital monitoring

Warnings and Precautions

- Do not reapply the Wearable Sensor (it is meant for one-time use)
- For a complete list of precautions, please refer to the Instructions for Use document

See the device manual for detailed information regarding the indications, contraindications, warnings, precautions, and potential complications/adverse events. For further information, please call Medtronic at 1 (800) 328-2518 and/or consult Medtronic's website at www.medtronic.com.

Caution: Federal law (USA) restricts these devices to sale by or on the order of a physician.

The SEEQ™ MCT System and the Medtronic Monitoring Center are provided by Medtronic Monitoring Inc., a wholly owned subsidiary of Medtronic.

Medtronic

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