

# Book review

## **Kickstart: Recharge Your Life with a Pacemaker or Defibrillator**

By Dr John England. Published by Verand Press, Blackheath, NSW, 2011. Distributed by Macmillan. Soft cover, B format, 160 pages. RRP\$24.95  
ISBN13: 9781921556180

The author of this book, Dr John England, is a passionate cardiologist who has collected stories from his 500 pacemaker patients to produce this invaluable guide to living with a cardiac acemaker. He writes from the depth of his personal experience, having had his own first pacemaker implanted 35 years ago after a viral myocarditis ruined his cardiac conduction system, and a further four pacemakers implanted subsequently.



The book is filled with practical advice for pacemaker recipients, such as the issue of electromagnetic interference of arc welders, MRI scanners, mobile phones and airport metal detectors. It includes a brief history of pacemakers, as well as some information about such arcane topics as molecular cardiology and genomics.

This is a very useful book that is easy to read and largely free of technical jargon. It will benefit patients undergoing placement of a pacemaker or defibrillator and the families who care and worry about them. It will also be a useful resource for general practitioners, who need sound advice for managing pacemaker recipients.

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