

# Smartphones, Smartwatches, and the Pacemaker Dilemma

I may not save your life, but I can maybe save your heart from some serious drama. That supercool smartphone or smartwatch you've got? It's packed with magnets that could interfere with your **pacemaker or defibrillator**. So, as much as you'd love to keep your phone in your shirt pocket like some kind of 21st-century superhero, **don't**. Seriously, just don't.



Recent studies suggest you should keep your phone **at least 6 inches away** from your implanted device. So no taking a nap with your arm that wears your watch lying on your chest. I know, it's inconvenient, but your pacemaker is *literally* the only thing keeping your heart from saying, "Nah, I'm good, I'm just going to take a break."

In short: Be aware of your watch and where it is. No pocketing your phone next to your heart, no matter how cool you think it makes you look. Safety first, fashion second—obviously not a problem because you probably wear plaids and stripes together anyway!