

Working with providers to access new treatment options for depression.



TMS At a Glance

Potential Candidates

- Patients who are not adequately responding to oral medications.
- Age 18 or older.
- Medication trials: Minimum of 2+ oral antidepressants of adequate dose and duration that were not effective (varies by insurance).
- Some insurance requires history of augmentation strategies such as atypical antipsychotics, lithium, thyroid supplementation, TMS, etc.
- Participation in psychotherapy.
- Severity of symptoms negatively affecting quality of life, ability to function at work, or maintain healthy relationships.

Mechanism of Action

- Uses magnets to stimulate targeted neurons
 - Triggering an action potential and a following volley of firings.
 - Neurotransmitters are released into the postsynaptic spaces.
 - Repetitive triggering will "train" those neurons to continue this action.
 - Leads to improved mood state.

FDA Approved Diagnosis

- Dx: Major Depressive Disorder (MDD) recurrent (moderate or severe).
- Dx: Major Depressive Disorder with Suicidal Ideations (MDSI) with or without MDD history.

Who is not a Candidate

- Dx of Bipolar Disorder with mania.
- Dx of Primary Psychosis.
- Dx of Dissociative Identity Disorder.
- Untreated hypertension.
- Hx of Epilepsy.
- Substance use disorder (with under six months sobriety).

Standard Treatment Protocol

- Each patient will have a specialized treatment plan that is developed with the patient and an experienced nurse practitioner.
- The series of treatments consist of up to 36 sessions, which we will schedule at the same time each week to ensure the ability to maintain daily routines.
- Each session on average lasts 18.5 minutes.
- Treatments do not affect memory, and patients can resume normal daily activities after treatments.

Patient Should Know

- Most insurances cover TMS treatment. We will appeal all denials.
- Sessions last between 18 - 25 minutes.
- Patients will receive a total of 36 sessions, five days a week.
- Patients may return to daily routine same day.
- We will work with patient's schedule to ensure minimal inconvenience.

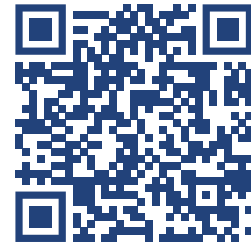
How long Until It Works

- Variable from patient to patient.
- Patient's symptoms typically improve within the first four weeks.

Potential Adverse Effects

- Side effects from TMS are mild
- Headaches
- Dizziness
- Local Discomfort
- Facial Muscle Twitches
- Ringing in the ears
- Fainting
- Retinal detachment
- Mania (theoretical)

On rare occasions TMS may trigger transient seizure. Less than 1% of patients have experienced seizures after treatment.



Do you have a patient that sounds like they could benefit from TMS? Give us a call to speak with one of our providers today.

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