

## Potential Candidates

- Patients who are not adequately responding to oral medications and psychotherapy
- Age 18 or older
- Failure of 2-3+ oral antidepressants of adequate dose and duration
- Some insurances require history of augmentation strategies such as atypical antipsychotics, lithium, thyroid supplementation, etc.
- Participation in psychotherapy (most insurances)

## FAQs from Patients

### Can I drive myself to my treatment?

Yes. Patients undergoing TMS may drive to and from treatment and should be able to resume daily activities right after treatment.

### How long will it take to start working?

Results of course vary from person to person. In our experience, patients typically start to notice some improvement between 2 and 4 weeks.

### How long will I need to do this?

In research studies, about  $\frac{2}{3}$  of patients maintained their response or remission 6-12 months after completing the initial course of TMS. The patients in these studies were not given any long term maintenance treatments, however. We offer maintenance treatments in addition to the initial series of TMS treatments as a way of prolonging the initial benefits.

### Will I still need to take my oral antidepressant?

Not necessarily. Again, everyone is different.

### Is this covered by my insurance?

In our experience, insurances will usually authorize TMS treatments that meet their specific criteria. Because insurance coverage varies widely, there is no single answer as to what a patient's out-of-pocket expense might be. We also offer a fairly generous private pay option.

## Approved Diagnosis

- Dx: Major Depressive Disorder (MDD), single episode or recurrent, moderate to severe
- F32.2 or F33.2

## Who is Not a Candidate

- Non-removable conductive metal implant in or around the head
- Cardiac pacemaker
- Hx severe head trauma, brain tumor, or increased intracranial pressure
- Hx of seizures or a seizure disorder
- Pregnant or breast feeding

## TMS at a Glance

- Therapy consists of a series of pulsed magnetic stimuli to the brain
- Safe, non-invasive, and FDA-cleared for the treatment of depression
- While studies have shown a benefit for pain, it is not yet FDA-approved
- Does not affect cognitive function
- Treatment is 5 days a week for about 6 weeks and takes less than half an hour

## Most Common Adverse Reactions

- *Side effects from TMS are mild*
- Headache
- Scalp Discomfort
- Lightheadedness
- Facial Muscle Twitches
- Tingling
- On rare occasions (0.1%) TMS may trigger transient seizure