



Trancranial Magnetic Stimulation (TMS) Therapy Information Sheet

Pharmacological treatments can help reduce symptoms of depression, but for some patients, the medications provide minimal or no benefit or cause unbearable side effects, leaving them feeling hopeless. TMS Therapy can restore hope for a life with reduced, or in some cases, no depressive symptoms.

Benefits of TMS Therapy at CenterPointe, in addition to its antidepressant effects include:

- TMS is a non-invasive antidepressant treatment
- Anesthesia or sedation are not required; individuals can drive themselves to and from treatment
- The individual remains awake and alert during the treatment
- Therapeutic conversations with mental health professionals during treatment sessions, if desired

To qualify for TMS Therapy, patients must meet the following criteria:

- Diagnosis of Major Depressive Disorder, severe without psychosis
- Previous trials of at least 2 or more classes of psychiatric medications
- Current or past psychotherapy, either group or individual therapy
- Willing to commit to treatment 5 days a week, approximately 20-30 minutes each day, for 6 weeks

Minimal side effects:

- TMS demonstrates excellent tolerability and safety. The most common side effect associated with treatment is scalp pain or discomfort which is generally mild to moderate in severity but can induce mild headaches during the first few treatments.

Disqualifiers for TMS Therapy include:

- Recent history of Bipolar I Disorder, mania, psychosis and/or alcohol/substance abuse in last 3 months
- Seizures
- Metal in or around the head
- Dementia
- Head trauma, including illness that caused brain injury
- Tattoos with magnetic ink above the shoulders
- Tumors in central nervous system
- Implants controlled by physiologic signals (pacemaker, implantable cardioverter defibrillators)

For more information, or to set up a consultation contact:

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