

# TMS TRENDS

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## TMS INSTITUTE OF PENNSYLVANIA NOW OFFERING TMS THERAPY

The TMS Institute of Pennsylvania, under the direction of Terrence A. Boyadjis, MD, is pleased to announce that we are now providing NeuroStar Transcranial Magnetic Stimulation (TMS) Therapy. The NeuroStar TMS Therapy System is the first and only device of its kind to be cleared for the treatment of depression by the U.S. Food and Drug Administration. Specifically, TMS Therapy is clinically proven for the treatment of major depression in adults who have failed to achieve satisfactory improvement from prior antidepressant medication. We are excited to be providing this cutting-edge treatment option, as it offers hope to patients who have been unable to find relief from their depression symptoms and its treatment side effects. While NeuroStar TMS Therapy is demonstrated to be a safe and effective option for treatment-resistant depression, it has also been utilized for the treatment of other psychiatric and neurological disorders such as auditory hallucinations, tinnitus, fibromyalgia, and chronic pain.

## THE BURDEN OF DEPRESSION

Depression affects at least 14 million American adults each year. Researchers estimate that by year 2020, depression will be the second leading cause of disability worldwide. Each year, over 30,000 people in the U.S. commit suicide, 60 percent of which suffer from depression. The economic burden of depression in 2000 was estimated at \$83.1 billion in the U.S. Women are almost twice as likely as men to suffer from depression. However, some experts feel that depression in men is under-reported. About two-thirds of those who experience an episode of depression will have at least one other episode in their lives. Our hope is that TMS Therapy may work to relieve this burden by facilitating patients' return to happy, fulfilling, and productive lives.



*Pictured above is the NeuroStar TMS Therapy System*

## TMS BASICS

TMS Therapy is a non-systemic form of neuromodulation that delivers highly-focused MRI-strength magnetic pulses to stimulate nerve cells in the left prefrontal cortex, an area of the brain that is linked to depression. It is a 40-minute outpatient procedure that is prescribed by a psychiatrist and does not require anesthesia or sedation. The treatment is typically administered daily for 4-6 weeks. In both research and clinical practice, TMS has been safely performed without the systemic side effects typically seen with traditional antidepressants (e.g. weight gain, sexual dysfunction, nausea, dry mouth). While research has found TMS Therapy to produce significant improvement in about 50% of patients, anecdotal data suggests that efficacy may be higher in clinical practice.