

# TMS TRENDS

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## One Year Later:

September 2010 marked the 1-year anniversary of our offering TMS therapy. During that year I have had the opportunity to treat men and women from the ages of 22-70 with major depressive disorder who had failed to respond to pharmacotherapy. We here at the TMS Institute of Pennsylvania have been heartened by the results our patients have achieved and the kind words that their families and friends have shared with us.

A few observations that have been gleaned from our experiences thus far:

- TMS is a safe and effective therapy.
- Men and women, young and old, have responded well to treatment.
- TMS is well tolerated and essentially free of side effects.
- Patients remain committed and invested throughout the duration of treatment.
- Despite the initial cost, patients recognize that TMS is a worthwhile and cost-effective investment.

## The Latest on Insurance Reimbursement:

In October 2008 the FDA granted approval to the NeuroStar TMS System for the indication of adult patients with major depressive disorder who have failed to receive satisfactory improvement from 1 prior antidepressant medication at or above the minimal effective dose and duration in the current episode. Yet, as of today insurance companies still consider the use of TMS therapy to be “investigational” or “experimental” and reimbursement is on a case-by-case basis.

Exciting new developments suggest progress that in the near future, reimbursement may be on the horizon. 1. New American Psychiatric Association practice guidelines support the use of TMS therapy as an option for treatment-resistant major depression. 2. Category I CPT codes will go into effect in 2011. 3. Several insurance companies are initiating pilot studies to evaluate TMS. 4. Greater and greater numbers of patients are now being reimbursed for TMS therapy.

It is our hope that one day soon, TMS therapy will be a routinely-covered procedure that will be made available to more individuals who are suffering from the ravages of depression.

## Welcome Valerie Dougherty:

Kaelyn Zizus, TMS clinical operator since our inception (September 2009), is presently a full-time student in Virginia studying to become a Physician’s Assistant. Kaelyn worked tirelessly with all our patients to ensure that their experiences here were positive and therapeutic. She will be sorely missed and we wish her much success in all her future endeavors.

Valerie Dougherty, MS has been working with us since July 2010. Valerie received her Bachelor’s degree in Behavioral Science and Master’s degree in Human Resource Management from Wilmington University in 2001. She is currently studying for her Master’s of Science in Mental Health Counseling at Capella University and plans to become a Licensed Practical Counselor. Valerie successfully completed TMS Therapy training and received her certificate from The Neurostar University Clinical Training program for TMS Therapy. Her combined education, training, and interest in human behavior, health, and science make her well-suited to assist in the delivery of TMS therapy at The TMS Institute of Pennsylvania. She has special interest in working with children and adolescents and issues related to family dynamics.