

# TMS TRENDS

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A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions  
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## TMS THERAPY ON “DR. OZ”!

NeuroStar TMS Therapy was a featured segment of The Dr. Oz Show which aired on Wednesday, March 15<sup>th</sup>. TMS, a non-invasive, drug-free approach for difficult to treat depression was accurately portrayed and well received. Dr. Oz was so duly impressed to ask the question, “Why is every psychiatrist in the country not thinking about this for their patients?”

Both the American Psychiatric Association (APA) as well as the Canadian Psychiatric Association (CPA) along with the Canadian Network for Mood and Anxiety Treatment (CANMAT) include TMS Therapy as a valid option for psychiatrists treating resistant depression. This safe and effective treatment alternative remains an underutilized option for those who have been struggling with depression that has been unresponsive to medication management and psychotherapy.

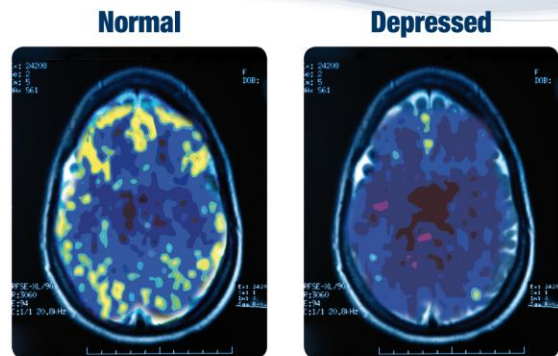
You can view this Dr. Oz episode online now or visit our website, [www.psychfirst.com](http://www.psychfirst.com) where it will be posted in the very near future.

## APRIL 10, 2012

The TMS Support Group of Chester County will continue to hold meetings on the second Tuesday of every month. Our next meeting will take place on Tuesday, April 10 at 7:00 PM. Meetings are located at 129 S. High Street, West Chester, PA 19382. All are welcome! Please call (610) 738-8671 for more information or for directions. We encourage members and interested family to join us!

## DEPRESSION: A TREATABLE BRAIN DISORDER

Brain activity is reduced in depression



A PET scan measures vital functions such as blood flow, oxygen use and blood sugar (glucose) metabolism.

Source: Mark George, M. D. Biological Psychiatry Branch Division of Intramural Research Programs, NIMH 1993

There are 2 important facts about depression:

1. Depression is a treatable brain disorder.
2. Symptoms of depression occur due to changed levels of activity in specific parts of the brain.

The PET (Positron Emission Tomography) nuclear scans above demonstrate that the brain of a depressed individual is visibly different than the normal, non-depressed brain. Based on an assumption that areas of high radioactivity are associated with brain activity, the scans actually measure the flow of blood to different parts of the brain, glucose metabolism, and the brain's oxygen use. PET and fMRI (functional MRI) scans of TMS-treated brains will reflect targeted effects on mood circuits in the brain.