

TMS TRENDS

APRIL 2013

*A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions
Terrence A. Boyadjis, MD, Director*

NEURONETICS WINS PATIENT IMPACT AWARD FROM PENNSYLVANIA BIO

Wayne, PA, March 14, 2013--Pennsylvania Bio, the only statewide trade association representing Pennsylvania's entire life sciences industry, united business executives from across the state at the Pennsylvania Convention Center Wednesday for the 2013 Annual Dinner and Awards Celebration. This year's dinner featured opening remarks by Governor Tom Corbett about the importance of the life sciences industry for Pennsylvania's economic development.

The Patient Impact award was given to Neuronetics. This award recognizes the significant difference that NeuroStar TMS Therapy has made and continues to make on the lives of patients suffering from depression and their families. In an email to TMS practitioners, Bruce Shook, the CEO of Neuronetics, said:

“I want to thank all of our customers who care for depression patients every day and provide them NeuroStar TMS Therapy as a treatment option. It is your pioneering efforts that have made NeuroStar TMS Therapy available to over 11,000 patients since launch, making remission possible and bringing new hope to people with depression.”

Pennsylvania Bio, founded by a group of Biotech CEOs, has been representing Pennsylvania's life sciences industry for the past twenty years. It serves as a catalyst to ensure that Pennsylvania is a global leader in the biosciences by creating a cohesive community that unites our biotechnology, medical device, diagnostic, pharmaceutical, research, and financial strengths. More information is available at <http://www.pabio.org>.



FIVE WAYS TO COMBAT SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is a condition that impacts many people, especially in the winter months when there are darker skies and colder temperatures. If you suffer from SAD, here are a few things you can do to combat depressive symptoms associated with SAD.

1. **Exercise.** When you exercise, your body releases endorphins, which boost mood and assist in relieving stress.
2. **Spend some time outside.** Studies show that spending time in the sun boosts your Vitamin D absorption. Spending time outside can also help to reset your internal clock, regulating eating and sleep patterns, as well as normalizing hormonal functions that occur at certain times of day.
3. **Socialize.** Research shows that by simply being social, you can cause a release of ‘feel good’ chemicals in the brain, including oxytocin, sometimes referred to as the “love hormone.”
4. **Eat Well.** Often, people suffering from SAD will crave carbohydrates, which release serotonin. But rather than reaching for chips or candy bars, choose high quality carbs like legumes, brown rice, fruits and vegetables. Good carbs will stabilize your blood sugar, keeping you satiated and your mood balanced for longer.
5. **Know when to get help.** If your symptoms are severe and interfering with your daily activities, see a doctor or mental health professional for assistance.

~Erin Hipple, Clinical Coordinator