

# TMS TRENDS

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## Common questions about TMS

Throughout our time working with patients, client's have asked a number of questions about what TMS treatment is. The aim of this newsletter is to answer some commonly asked questions about the TMS treatment process.

### 1. Is TMS the same treatment for every patient?

Just as each patient responds differently to medication or therapy, TMS is unique to each patient. Similarly, TMS outcomes are different for each patient based on age, gender, and point in which the patient has decided to seek treatment.

### 2. Is TMS painless?

TMS is a noninvasive treatment option for patients. The comfort level and ability to withstand treatment is individual to each patient. There are a number of indicators for how painless treatment will be. This includes the amount of energy needed to stimulate the cortex or the patient's motor threshold. Additional determinants include the patient's pain tolerance as well as the patient's apprehension or anxiety about beginning treatment. However, any pain experienced is transient and is only experienced during treatment sessions.

### 3. How long is the course of treatment?

Each treatment session is approximately 40 minutes, consisting of 3,000 pulses. A patient will attend five sessions a week for six weeks, a total of thirty sessions.

### 4. Is TMS only used to treat depression?

Although TMS has been approved by the FDA for depression, there is literature that supports use for other psychiatric illnesses. Clinical trials indicate the effectiveness of using TMS for a number of psychiatric illnesses such as anxiety, posttraumatic stress disorder (PTSD), and obsessive compulsive disorder (OCD), just to name a few.

## Is TMS Right For You?

If you would like to learn more about TMS therapy or explore TMS as a treatment option for you, please feel free to continue to our website <http://psychfirst.com/> or contact Dr. Boyadjis directly at (610)738-9576

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**HAVE A HAPPY AND HEALTHY  
NEW YEAR**

