

# TMS TRENDS

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## A DECADE OF TMS EXPERIENCE

The TMS Institute of Pennsylvania is now in its 11<sup>th</sup> year of providing uninterrupted, continuous TMS Therapy in Chester County. We are one of the oldest and most established TMS Clinics in the US and have safely and successfully provided treatment to individuals from the age of 12 to 85.

The FDA has cleared TMS only for the treatment of Major Depression, however there is a wealth of data which supports the use of TMS off-label to treat many other disorders. We have effectively treated individuals with anxiety disorders, PTSD, tinnitus, auditory hallucinations, stroke and others. As such, we are among the most experienced TMS centers anywhere in the country that provides such specialized services.

TMS therapy is covered by most insurance plans for the treatment of Major Depression.

There is a clear and major distinction in how treatment is provided at The TMS Institute of Pennsylvania compared with essentially every other provider of TMS. Dr. Boyadjis makes it a point to be present for each of the 30 scheduled treatment sessions. This allows for ongoing supportive psychotherapy during the approximately 40 minute treatment sessions. It also affords the opportunity to develop a greater rapport with the patient and their family. This individualized and comprehensive treatment approach results in vastly better response and remission rates than TMS alone.

This is critically important today, more than ever, as sadly more and more TMS centers are opening up primarily focused on treating patients as quickly as possible. Worse yet, many of these facilities have little direct physician contact and oversight and often treatment is provided by minimally trained, inexperienced technicians.

There have now been more than 2 million Neurostar TMS treatments provided over the past decade. This non-systemic, non-invasive therapy is safe and well tolerated with no side effects per se. The rare, major risk factor is seizure activity. However, the incidence rate of seizures, is 1 in 30,000 treatments (.003% of treatments). None of the patients treated at The TMS Institute of Pennsylvania have ever experienced a seizure.

Of course, no TMS facility should make iron-clad guaranties as to the effectiveness of TMS. Yet, despite treating some of the most complex and severely depressed individuals, our data show that the vast majority of people will have a favorable response. Just as we have since the very beginning of providing TMS more than 10 years ago, we remain steadfastly committed to providing the most individualized, thorough and comprehensive treatment to all.

We look forward to the opportunity to help your patients in this New Year and beyond.