

TMS TRENDS

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MAY IS MENTAL HEALTH AWARENESS MONTH!

This May, a number of new research findings highlight the need for increased understanding of, empathy for, and respect of people facing mental health issues. People with mental health issues have long felt that they are different from others. Indeed, discussions of mental illness tend to speak about “people with mental illness” as if they are a foreign group few of us ever encounter. The reality is that mental illness is so common—so common, in fact, that a recent study claims that it’s a life unmarred by mental illness that’s the real anomaly. According to the study, which followed people ages 11-38 and tracked their mental health, a mere 17% avoided mental illness, 41% percent had a mental health condition that lasted for many years and 42% percent had a short-lived mental illness. This suggests that, sooner or later, mental illness becomes an issue for most people. Depression, anxiety, and substance abuse were the most common diagnoses in the study. Nearly one-half of those diagnosed with depression are also diagnosed with an anxiety disorder. With anxiety declared the #1 diagnosis in the field, statistics show that it’s entirely possible for someone with an anxiety disorder to also suffer from depression or vice versa. Those who suffer from anxiety anticipate disaster and may be overly concerned about money, health, family, work, or other issues. Recent advances in neuroscience have given us more information about how the brain works, or doesn’t. There are still many things we do not know but progress is being made all the time. Even with the advancements in brain science and statistics that indicate the rise of anxiety and depression, stigma is still alive and well.

TMS: AN EFFECTIVE TREATMENT FOR ADULTS SUFFERING WITH TREATMENT-REFRACTORY DEPRESSION

The TMS Institute of Pennsylvania has been providing TMS (Transcranial Magnetic Stimulation) therapy since 2009 and we are now in our ninth year of delivering this treatment. In 2008, the NeuroStar TMS Therapy, the first non-systemic and non-invasive treatment for depression, was cleared by the U.S. Food and Drug Administration (FDA) for the treatment of depressed patients who failed to receive adequate benefit from prior antidepressant medication. We utilize The Neurostar TMS Therapy system, which was the first device of its kind to be cleared for the treatment of depression by the FDA, and was developed by Neuronetics, a local company in Malvern, PA. Although there are now four different TMS systems approved in the United States, we continue to utilize the Neurostar, which was the first and still most widely used TMS system. TMS Therapy is a safe and effective form of neuromodulation that delivers highly-focused MRI-strength magnetic pulses to non-invasively stimulate the brain in the region associated with mood regulation. Patients being treated with TMS Therapy do not require anesthesia or sedation and remain awake and alert. Please visit our website at www.psychfirst.com to explore other cutting edge technologies for the treatment of depression and other mental disorders.

**Please contact us at (610)
738-8671 or visit our website
www.psychfirst.com for
more information about how
TMS may be helpful.**