

TMS TRENDS

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What is anxiety?

Anxiety is a feeling of worry or fear, often expressed as feelings of “stress”. It is normal to experience anxiety at some point in life. However, an anxiety disorder is a psychological disorder in which a person experiences chronic or persistent feelings of worry, fear, or panic. Current effective treatment for people with anxiety include pharmacological intervention or medication and therapy.

TMS & Anxiety

TMS has received FDA approval for treatment of unipolar depression. High frequency TMS has been proven to be an effective treatment for easing symptoms as well as severity of depression. Often highly comorbid with depression are anxiety symptoms. Current research has been exploring the use of TMS for other psychiatric illnesses that do not respond to medication. Current research is exploring the effects of transcranial magnetic stimulation (TMS) as treatment for patients experiencing depression and anxiety. Utilizing a low frequency, the treatment coil can be placed over the right dorsolateral prefrontal cortex to inhibit or slow areas of the brain associated with anxiety symptoms. This approach has been shown to help lessen anxiety behaviors and thought processes in anxiety disorders including PTSD. Findings suggest that when used in conjunction with left sided treatment,

Although TMS treatment for anxiety has not been FDA approved, current research indicates right sided TMS treatment to have positive affects for reducing symptoms of anxiety. Specifically, research indicates TMS to be beneficial for anxiety related disorders such as generalized anxiety, social phobia and panic disorder.

A typical left sided TMS treatment for depression is 3,000 pulses at 120% MT. TMS treatment for anxiety, the coil is placed on the right side of the head, in which 1,600 pulses are administered at 110%, making this a shorter less intense treatment in comparison to treatment for depression.

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.



The TMS Institute of Pennsylvania wishes you a happy Thanksgiving.