

TMS TRENDS

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*A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions
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ANTHEM BLUE CROSS ANNOUNCES COVERAGE OF TMS

As of August 13, 2012, TMS Therapy is covered by Anthem Blue Cross. In order to be covered under Anthem's policy, the individual must have had lack of response to four trials of psychopharmacologic agents from at least two different agent classes. These trials must also be at or above the minimum effective dose and duration.

This new policy means that patients with Anthem Blue Cross can now receive pre-authorization for TMS without having to go through the lengthy and frustrating appeals process.

Anthem is one of the many companies who are now covering TMS, and the number of insurance carriers who are revising their TMS policies is continuing to grow. This is another step in the right direction for those who are unable to receive TMS due to lack of insurance coverage.

The growing coverage of TMS is also a testament to the safety and efficacy of the therapy. As the body of research on TMS grows, so too does the insurance coverage.

OCTOBER 9

Now join our TMS support group via Skype!

The TMS Support Group of Chester County will continue to hold meetings on the second Tuesday of every month. Our next meeting will take place on Tuesday, October 9 at 7:00 PM. Meetings are located at 129 S. High Street, West Chester, PA 19382. All are welcome! Please call (610) 738-8671 for more information or for directions

NEUROPLASTICITY AND TMS



Neuroplasticity is defined as the brain's ability to reorganize itself by forming new neural connections. It may take place by such mechanisms as axonal sprouting, in which axons grow new endings that reconnect neurons whose past links may have been severed or damaged.

The biology of the brain is impacted by genetics, but also by patterns of thought, emotion and behavior. Research has shown that mental illnesses such as depression can cause a type of 'negative plasticity,' or lack of firing and activity in certain areas of the brain.

There is growing evidence to support that stimulation of certain areas of the brain can assist in the activation of those areas. By activating these neuronal connections on a routine basis, we can create lasting change in brain function. In many cases, these changes have been shown to take place in only a few weeks.

There are many methods being utilized to capitalize on neuroplasticity, from psychotherapeutic techniques to medication management. TMS therapy is a particularly effective therapy in this regard. By directing concentrated magnetic pulses to the left pre-frontal cortex (the area of the brain associated with positive mood) on a regular basis for a six week period, we are encouraging the consistent firing of neurons, thereby strengthening their connections.

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