

# TMS TRENDS

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## TMS THERAPY PROMISING FOR SUICIDAL DEPRESSION

<http://www.medscape.com/viewarticle/826469>

Researchers at the Ralph H. Johnson VA Medical Center in Charleston, SC, and the Walter Reed National Military Medical Center in Bethesda, MD, found that heavy doses of rTMS (repetitive TMS) to the part of the brain controlling emotion effectively cut suicidal thoughts in half after one day. By increasing the magnetic doses, the researchers were able to speed up the process, successfully accelerating the effect for treatment of suicidal patients. However, they note that this acute treatment is not meant to take the place of medication and therapy, but to complement them, particularly for individuals in acute crises where medication and therapy may take days or weeks to be effective.

## ELECTROMAGNETIC STIMULATION CAN ALTER BRAIN ORGANIZATION

<http://medicalxpress.com/news/2014-08-brain-reprogrammed.html>

Researchers have conducted studies on mice and found that weak electromagnetic pulses can shift abnormal neural connections to more normal locations. This reorganization is reportedly associated with changes in neurochemistry and was not seen in healthy brains, which suggests that therapy may have minimal side effects. These findings have significant implications for many clinical treatments, such as for depression and epilepsy, and may have implications for how to best treat diseases and improve neural functioning.

## REMEMBERING ROBIN WILLIAMS

News of Robin Williams' death stunned the nation last month. Robin Williams was a celebrated actor and comedian, whose career spanned over four decades; therefore, many were shocked to find out that he was suffering from depression. His death taught us once again that depression does not discriminate. To many, Robin Williams seemed like he had it all: he was loved by his family and friends, had fame and fortune, and was adored by his fans. However, depression inhibits one from being able to enjoy one's successes.

The WHO (World Health Organization) estimates that 350 million people worldwide suffer from some form of depression. We all know someone who has suffered from or is suffering from depression or a related disorder. The question at hand is how do we help those suffering from mental illness so that another life is not lost prematurely?

Could the death of Robin Williams have been prevented? Possibly. If the stigma surrounding mental health disorders lessened and the number of resources available increased, it is possible that the rate of suicide would diminish. Though we have lost a gifted individual, his death is raising public awareness regarding the importance of proper mental health treatment.

