

# TMS TRENDS

JUNE 2014

*A publication of the TMS Institute of Pennsylvania – Advanced Neuropsychiatric Solutions*



## MAINTENANCE TMS IN DEPRESSION REMISSION

At the American Psychiatric Association meeting last month, TMS was recognized not only for its efficacy as an acute treatment for TMS, but also as a maintenance treatment following a favorable response.

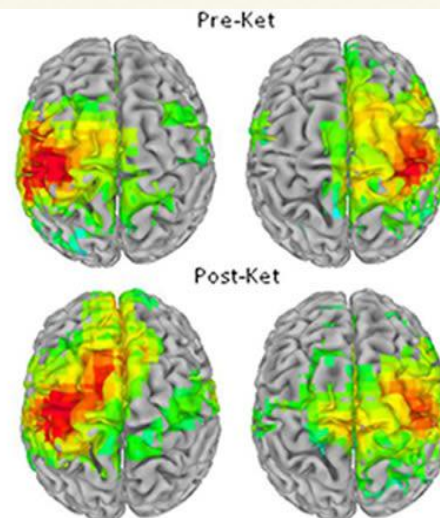
Through a pilot study, Neuronetics, Inc. presented contrasting therapeutic outcomes for patients with unipolar, treatment-resistant depression enrolled in a two-step TMS trial. Of the 61.2 percent of patients who experienced remission with a six-week block of acute TMS, 62.5 percent of patients retained their response with once-monthly maintenance TMS as compared with the 43.8 percent of patients who were not assigned to the maintenance group.

The other piece of important news? The patients in this pilot study were completely medication-free, during both acute and maintenance portions of TMS treatment. Approved for the treatment of depression in 2008, TMS has shown itself time and time again to be capable of growing and expanding its sphere of clinical influence and usefulness.

## A NEWS-WORTHY UPDATE FROM THE TMS INSTITUTE OF PA

In March, *Compass*, an annual local publication focusing on mental health issues, featured an article written by us about the evolution of neuromodulation. It features many other articles of interest, about anything from healthy recipes to narrative success stories.

If you get the chance, check out the online copy at <http://newdirectionssupport.org/compass-online/> and let us know what you think!



## INTRANASAL KETAMINE THERAPY NOW A TREATMENT OPTION

Last month's issue of *TMS Trends* featured information for one of the newest, most intriguing treatments for severe recurrent depression: Ketamine Therapy.

Ketamine has been shown to be effective in treating those with resistant depression in a relatively short period of time through a robust increase in brain activity. Pictured above, courtesy of the NIH, is a scan of a brain's response to finger-stroking pre- and post-ketamine administration (Zarate 2012).

Research now points to the efficacy of intranasal ketamine administration approaching that of intravenous, we are excited to now be able to offer Ketamine Therapy as a treatment option for suitable candidates.

For more information about whether this treatment may be appropriate for you, please take a look at the information on our website ([www.psychfirst.com](http://www.psychfirst.com)), and don't hesitate to contact us with any questions.