

# Transcranial Magnetic Stimulation (TMS) For Depression

## Transcranial Magnetic Stimulation (TMS)

Transcranial magnetic stimulation (known as TMS) is a treatment to help the brain regulate mood. During each session, brief magnetic pulses stimulate underactive areas of the brain to relieve symptoms of depression. TMS is considered safe.

Clinical studies have shown that one in two patients who had TMS had significant improvement in depression symptoms, and one in three were symptom free.

TMS may be right for you if medicine or psychotherapy doesn't work, if they are too slow to relieve your symptoms or if you previously had a successful response to TMS.

## Number of Treatments Needed

The number of treatments varies for each patient. In general, you will receive treatment 5 days a week for up to 6 weeks. Each session lasts about 45 minutes.

If you need more treatments after the initial cycle, you and your mental health care provider will talk about a schedule.

## What To Tell Your Mental Health Care Provider Before Starting TMS

- You will be scheduled for a consultation with a mental health care provider to determine whether TMS is right for you.
- Tell your mental health care provider if you:
  - are pregnant or may become pregnant
  - take any medicines, including all prescription, over-the-counter, herbal and natural medicines
  - have had a seizure
  - have a family history of epilepsy
  - have frequent headaches
  - have had brain damage or a brain injury
  - have any other medical conditions.

## Before TMS Treatments

- You may eat, drink and take your medicine as usual, unless your mental health care provider gives you other directions.
- You may drive yourself to and from treatment sessions.

## During Your First TMS Treatment

A mental health care provider will be in the room with you. A doctor specializing in psychiatry will attend the first treatment and continue to oversee the rest of your sessions.

- You will be asked to sign a consent form.
- You will sit in a comfortable chair.
- You will be given earplugs to wear.
- The doctor will place a small curved device containing a magnetic coil on your scalp near your forehead.

*(over)*

- You will receive brief magnetic stimulation through the device on your scalp.
  - You will hear “clicking” sounds.
  - You will feel a “tapping” sensation on your forehead.
  - You may feel discomfort at or near the treatment area. This is often short-lived and usually happens during the first week of treatment only.
- The doctor will increase the amount of magnetic dose until your hands or fingers begin to twitch to determine your “motor threshold.” All remaining treatments will stay at motor threshold but will not cause twitching in your hands or fingers.

### **During Each Remaining Treatment**

A mental health care provider will be in the room with you.

- You will sit in a comfortable chair.
- You will be given earplugs to wear.
- The mental health care provider will place a small curved device containing a magnetic coil on your scalp near your forehead.

- You will receive brief magnetic stimulation through the device on your scalp.
  - You will hear “clicking” sounds.
  - You will feel a “tapping” sensation on your forehead.
  - You may feel discomfort at or near the treatment area.

### **After Each TMS Treatment**

- The device will be removed.
- You may remove your earplugs.
- You may resume your everyday activities.
- The doctor will review your results with you throughout your sessions (usually around week 3 and after the last session).
- Follow any directions you receive from your mental health care provider or doctor.

### **Whom to Call With Questions**

Call your mental health care provider if you have questions about TMS.