Are you or a loved one struggling with major depressive disorder? Have you had little to no relief from antidepressants, or is it difficult to tolerate the side effects? TMS Therapy could be the solution!

- TMS: Transcranial Magnetic Stimulation
- Series of pulsed magnetic stimuli to the brain
- Safe, with high tolerability
- Free from common antidepressant drug side effects
- Most common side effects from TMS are headache and nausea
- Does not affect cognitive function
- Patients are able to resume daily activities right after treatment
- May be used with or without antidepressants (determined by physician)
- Covered by most insurance providers

_____

is scheduled for TMS treatment.

Please check in at the reception desk in the Psychiatry & Psychology Department, 2nd floor:
200 Mercy Drive
Dubuque Health Plaza, Suite 201
Phone: 563.584.3500
(please call if you cannot keep your appointment)

Date:_____

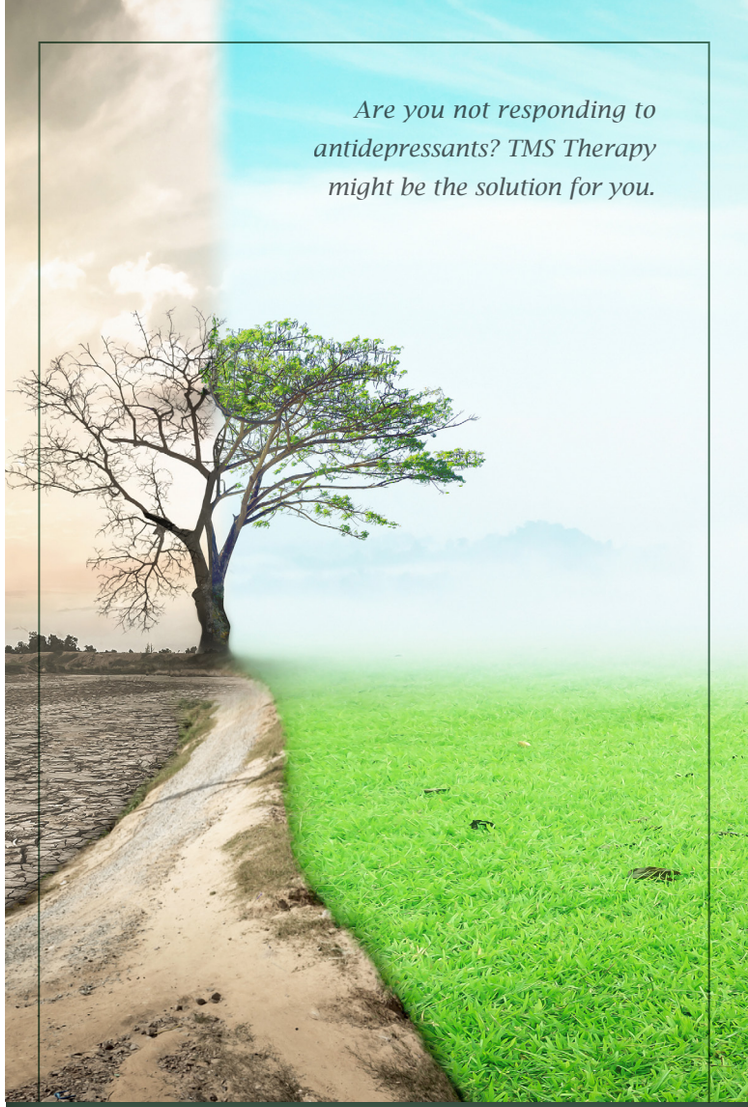
Time:_____

MEDICAL ASSOCIATES

Department of Psychiatry & Psychology

200 Mercy Drive
MercyOne Dubuque Health Plaza, Suite 201
Dubuque, Iowa 52001
563.584.3500
800-648-6868 ext. 3500
www.mahealthcare.com

101419M



Are you not responding to antidepressants? TMS Therapy might be the solution for you.

TRANSCRANIAL MAGNETIC STIMULATION (TMS)

DEPARTMENT OF PSYCHIATRY & PSYCHOLOGY

MEDICAL ASSOCIATES

WHAT IS TMS?

TMS is a non-invasive treatment in which magnetic pulses are delivered to stimulate nerve cells in a part of the brain controlling mood, which is often underactive in patients with depression. Repeated stimulation of this part of the brain has proven to produce an antidepressant effect in people suffering from depression. TMS is also known as rTMS (Repetitive Transcranial Magnetic Stimulation) because more than one magnetic pulse is delivered to the brain during a treatment session.

AM I A CANDIDATE FOR TMS?

TMS is indicated for the treatment of major depressive disorder in adult patients who have failed to receive satisfactory improvement from prior antidepressant medication in the current episode. MagVenture TMS Therapy is available by prescription only. Your doctor will use medication dosing records and depression scores among other measures to determine whether or not you are a candidate for MagVenture TMS Therapy.

HOW LONG DOES IT TAKE?

MagVenture TMS Therapy is offered as Express TMS® which lasts 3 minutes or as standard TMS, lasting 19-37 minutes. One treatment is given per day, 5 times per week, over a period of 4-6 weeks.

WHAT DOES TMS FEEL LIKE?

You sit in a chair in a relaxed position. When the magnetic pulses are delivered you hear a clicking sound and feel a tapping sensation on your head. Many patients are able to watch television or read during treatment.

ARE THERE ANY SIDE EFFECTS?

TMS treatment is without the side effects typically experienced with antidepressants, such as weight gain and sexual dysfunction. TMS may, for some, cause headache or nausea, but you should be able to resume your daily activities right after treatment. However, please note that TMS Therapy is a medical procedure and any side effects experienced during or after receiving the therapy should be reported to your doctor.

What happens during a TMS Therapy session?

The stimulator can run different FDA-cleared protocols. A session lasts from 3-37 minutes and a full treatment consists of 20-30 sessions.

A TMS operator or physician places the TMS coil on the patient's head as marked on the cap and starts the TMS treatment.

The patient wears a cotton cap marked with the exact treatment spot.

A pillow is used around the patient's head. The pillow becomes rigid once the air is evacuated. This helps ensure that the patient's head is stable and that the patient is comfortable.

During treatment, the patient may read a book or listen to music. TMS may cause headache for some. Over-the-counter pain meds may be taken prior to treatment.

The patient is seated in a reclinable treatment chair with head and footrest.

The magnetic coil which delivers the TMS treatment is positioned on the left front side of the head, over the part of the brain connecting all the different brain areas involved in depression.