

What are treatments like?

At the first treatment appointment (which can take up to one hour), the physician will take measurements to determine both where the treatment will be applied and how much stimulation will be needed; this is called motor threshold determination. You will wear a treatment cap, somewhat like a cloth swim cap, on which the measurements will be recorded. You will wear this cap during all treatments, as well as ear protection.

During the treatment you will sit in a slightly reclined position and a paddle shaped device called the treatment coil will be positioned over your head, to the treatment area marked on your cap. The treatment coil will emit magnetic stimulation in pulses. Staff will remain with you during the entire treatment.

The actual treatment lasts approximately 19 minutes. The treatment series is nine weeks total: five days a week for the first six weeks, tapering to fewer appointments in last three weeks. Motor threshold will be remeasured at several points during the treatment series.

What are common side effects?

TMS tends to have fewer side effects than antidepressant medications because the treatment is applied to one area, unlike medication which circulates through your body. Some patients experience headache during or immediately after treatment; this can be managed with an over the counter pain reliever. Some patients can experience discomfort on the scalp during treatment; the physician can adjust the amount of stimulation to make it more tolerable.

What are the first steps to seeking TMS treatment?

First your doctor, psychiatrist, or other healthcare provider can make a referral for treatment. You will be asked to answer screening questions about your depression, medical history, and contraindications such as metal implanted in or near the treatment area. If TMS could be an appropriate treatment for you, authorization will then be sought from your insurance.



**MagVenture Transcranial
Magnetic Stimulation
Therapy Chair**



How soon will it help and how long does the antidepressant effect last?

Like medication, it can take time for the effect of TMS to be noticed. Some people experience improvement in a few sessions, others within the first few weeks. It is important to complete the treatment series. For some patients, the antidepressant effect can last for a year or more. If another episode of depression occurs, a shorter series of treatments may be prescribed.

Transcranial Magnetic Stimulation (TMS)

A Treatment Option for Major Depressive Disorder



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Bedford Counseling Associates is a program of The Mental Health
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What is Transcranial Magnetic Stimulation (TMS)?

Transcranial Magnetic Stimulation (TMS) is an FDA approved treatment for major depressive disorder or MDD. It may be used by individuals 18 and older, when medications and psychotherapy have not provided relief. Most insurances will pay for TMS when patients have tried two or more antidepressants and psychotherapy, but have not experienced relief for their depressive symptoms. TMS is a medical treatment which must be prescribed by a physician trained in TMS.

