

TRANSCRANIAL MAGNETIC STIMULATION

PATIENT GUIDE

WHAT IS TRANSCRANIAL MAGNETIC STIMULATION (TMS)?

TMS is a non-invasive, non-pharmaceutical, FDA cleared treatment for Major Depressive Disorder since 2010 and more recently for other conditions. TMS uses short magnetic pulses to target the exact area in the brain affected by depression.

HOW DOES IT WORK?

We use the Magventure® TMS system that delivers magnetic pulses through a magnetic coil to stimulate nerve cells in the part of the brain controlling mood, which is often underactive in patients with depression. While stimulating and strengthening these neural pathways, the inactive pathways begin firing and reconnecting properly again. This results in improvement of depression symptoms with minimal side effects.

HOW IS TMS DIFFERENT FROM OTHER TREATMENT OPTIONS?

Antidepressants

TMS manipulates cell activity while antidepressants manipulate chemical production. As a result, antidepressants are prone to causing various side effects, susceptible to developing tolerance and sometimes no longer effective after a while. The effects of TMS treatment can be long lasting because it changes the patterns by which nerve cells and brain networks connect and communicate with each other with very limited side effects.

Electroconvulsive Treatment (ECT)

This is Shock Therapy that is done under anesthesia. Risks include memory problems as well as dangerous complications from anesthesia.

WHAT DOES TMS FEEL LIKE?

The magnetic coil which delivers the TMS is positioned on the left front side of the head, over the part of the brain called the Left Dorso-Lateral Prefrontal Cortex. You will hear a clicking sound and feel a tapping sensation on your head when the magnetic pulses are delivered. Many patients can watch television or read during treatment.

WHAT IS THE PROCESS OF GETTING TMS?

- You will be pre evaluated by our TMS doctor for clearance (60-minute appointment).
- The initial session is scheduled where your individual stimulation level (also known as motor threshold) is determined. Followed by the first treatment session (this may be a 60-90 minute appointment)
- Then we recommend at least 4-5 repeat treatment sessions per week during a period of usually 4-6 weeks.
- The duration of a standard TMS treatment session is between 19-37 minutes. In 2018, MagVenture® TMS system also received FDA clearance for a newer and much faster protocol called Express TMS. This procedure is like the standard TMS but each session only lasts 3 minutes. We can determine if you are appropriate for this type of TMS.
- Sometimes you may need maintenance treatments in the future should your depression symptoms return but we will be in touch to check on your progress.
- We would also be happy to give you a tour of our TMS room to provide you with a better idea of what takes place.

WHAT ARE THE SIDE EFFECTS OF TMS?

Minimal side effects sometimes may include possible scalp discomfort, headache, ringing in the ears and very rarely a seizure. But we utilize very thorough precautions to lower chances of this happening and employ methods that are very safe.

WHO CAN GET TMS TREATMENT?

TMS treatment is accessible to people who are diagnosed with Major Depressive Disorder in adult patients who have failed to receive satisfactory improvement from prior antidepressant medication in the current episode. The TMS doctor will complete an evaluation, including some lab work, to determine if you are an appropriate candidate for TMS Therapy. TMS treatment at this time is NOT recommended for people with Seizure Disorder/Epilepsy or with certain metallic implants or people greater than 330 lbs (max capacity of TMS chair) or other conditions.

WILL MY INSURANCE COVER TMS?

TMS is reimbursed by most insurance providers. Their policies may, however, vary. Pre-authorization, treatment requirements (MD, CMA, RNP, RN etc.) number of drug failures, to name a few, can impact claim approvals. Always refer to your insurer's policy guides. The Ochsner Financial services team will also be there to help you through this process.

WHO DO I CONTACT IF I HAVE ANY QUESTIONS?

You can contact Dr. Amara or Annie Griffin (TMS tech) via [Ochsner Mychart message](#) or [Call us at 504 703 2335 \(TMS office\) OR 504 842 4025 \(Main Psych clinic\)](#)

FOR OTHER RESOURCES REGARDING TMS

Websites

- Watch this short introduction video about MagVenture® TMS Therapy.
<https://youtu.be/7UKqY-sC7qQ>
- <https://www.magventure.com/us/patients-and-relatives>
- <https://www.clinicaltmssociety.org/resources/patients-family>

Books

- 3,000 Pulses Later: A Memoir of Surviving Depression Without Medication Paperback. May 30, 2013 by Martha Rhodes.
- How I Overcame Depression: With Transcranial Magnetic Stimulation Paperback January 10, 2019 by Tamara Rhoades-Baldwin.