

TMS TREATMENT AT MPC

Transcranial Magnetic Stimulation

A recognised treatment
for **MAJOR DEPRESSION**
are now **bulk-billed**
at our centre.

TO FIND OUT YOUR ELIGIBILITY AND GET MORE INFORMATION
CONTACT OUR OFFICE:

THE MELBOURNE PSYCHIATRY CENTRE

Locations:

202 New St, Brighton Vic 3186

257A Bluff Road, Sandringham, Vic 3191

PH: 03 9193 8502 FAX: 03 9193 8508

Email: tms@thempc.com.au



Transcranial Magnetic Stimulation

What is it?

This treatment for depression involves delivering repetitive magnetic pulses, so it is called rTMS or Repetitive Transcranial Magnetic Stimulation. It is an effective treatment for people with depression. It is a comfortable and medication free option with long-term positive effects. TMS can be effective even if you have failed to respond to antidepressant medications i.e. if you have Treatment Resistant Depression.

TMS is a non-invasive treatment delivered by an external magnetic coil placed lightly touching the scalp. The coil sends repetitive electromagnetic pulses to stimulate neuron activity in specific surface areas of the brain that regulate mood.

TMS is a recognised treatment for depression by the Royal Australian and New Zealand College of Psychiatrists.

How effective is TMS Therapy?

TMS is effective in about 60-70% of the patients, which means that the vast majority of individuals find significant relief after the treatment.

Nearly half of those who respond to TMS feel better within the first few weeks of treatment.

What is the treatment like?

During treatment, the patient relaxes in the chair while the magnetic pulses are administered at a certain frequency over a period of about 20-40mins, depending on the patient's specific treatment protocol.

Patients often wonder what the magnetic pulses will feel like. TMS is not painful. Patients report that the pulses feel like a slight tapping or tingling, but this sensation usually dissipates after few treatments.

After each treatment, you can return to your normal activities, including work and driving.

Are there any side effects?

One of the great benefits of TMS therapy is that unlike medications, TMS does not circulate through the body. Therefore it does not cause side effects such as weight gain, dry mouth, upset stomach, dizziness, or sexual dysfunction.

TMS does not cause cognitive side effects or memory problems.

How Long Does TMS Treatment Take?

TMS treatment for depression at our TMS clinic typically consists of **20 to 35 sessions** delivered as an outpatient over 4 to 7 weeks.

Regular psychometric testing is conducted to monitor your response to treatment. At the end of the course of treatment, our psychiatrist will discuss the psychometric test results with you and report to your treating GP or psychiatrist.

When patients have achieved significant improvement in their condition, a maintenance course of treatment could be considered.

Who Benefits from TMS?

While Treatment Resistant Depression (TRD) is the most common reason to seek TMS, there are number of other conditions it is known to be effective for, this includes:

- Anxiety
- PTSD (Post Traumatic Disorder)
- OCD (Obsessive Compulsive Disorder)
- Bi-polar depression
- Schizophrenia

Fees and Medicare rebates

Our centre is offering **no out-of-pocket cost** for TMS depression treatment sessions. You must meet the following criteria to be eligible for medicare funded services:

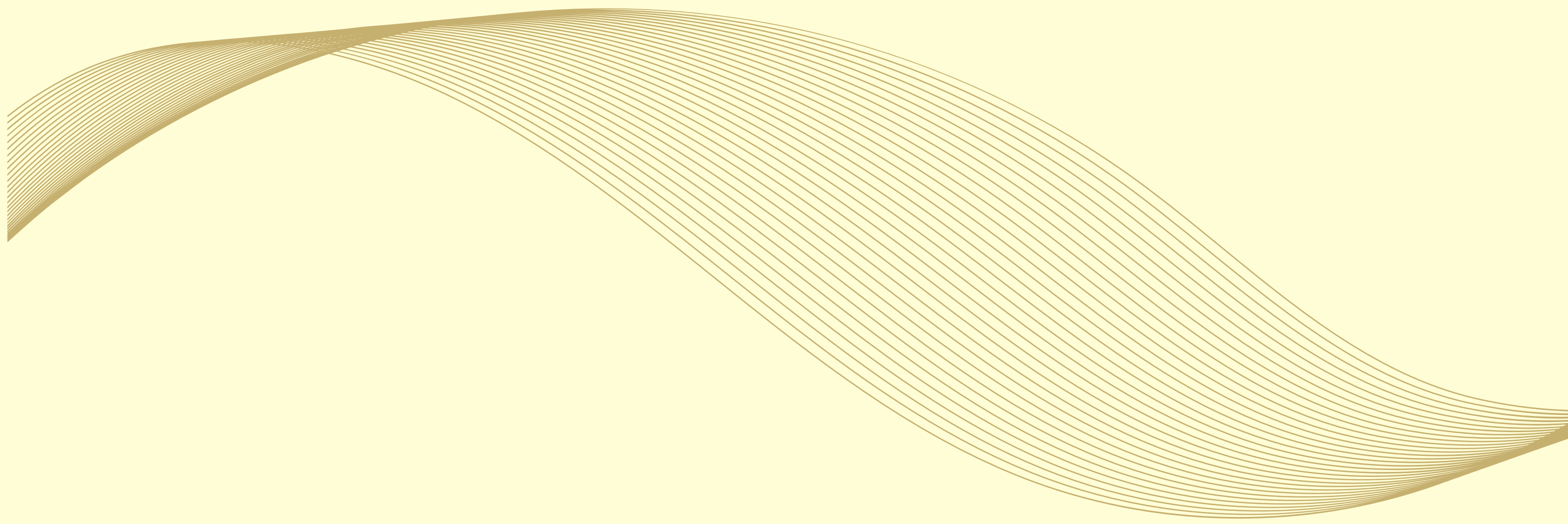
- Be at least 18 years of age;
- Be diagnosed with major depressive episode; have failed to receive satisfactory improvement for the major depressive episode despite the adequate trialling of at least two different classes of antidepressant medications, unless contraindicated;
- Have also undertaken psychological therapy unless inappropriate; and
- Have not received rTMS treatment previously in either a public or private setting.

Speak to your GP/Psychiatrist about whether TMS is right treatment for you, and to check eligibility for Medicare funded services.

How to make Referral for TMS?

TMS Referral can be sent directly to **Dr Neeraj Sareen** via Health link or Argus. Referral can be emailed at **tms@thempc.com.au** or **referrals@thempc.com.au**.





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