

## TMS THERAPY

**Transcranial Magnetic Stimulation**, or TMS therapy, is a safe process that many mental health specialists utilize when therapy and medication have not made progress with a patient. Central Iowa Psychological Services is pleased to offer NeuroStar® Advanced Therapy. This FDA-cleared therapy treats depression right at the source using magnetic pulses on the regions of your brain that regulate mood. TMS therapy is not a drug, so clients won't experience the side effects they may have had with antidepressants. The most common side effect is temporary pain or discomfort at or near the treatment site. It is now considered a standard approach for patients with depression.

## HOW IT WORKS

Transcranial magnetic stimulation (TMS) uses a targeted pulsed magnetic field, similar to what is used in an MRI (magnetic resonance imaging) machine. While the patient is awake and alert, NeuroStar TMS Therapy stimulates areas of the brain that are underactive in depression.

### Before treatment

- Patient will recline comfortably in the treatment chair
- A small, curved magnetic coil will be positioned lightly on patient's head

### During treatment

- NeuroStar delivers focused magnetic stimulation directly to the target areas of the brain
- Patient will hear a clicking sound and feel a tapping sensation on his/her head

### After treatment

- Patient can resume normal activities immediately
- Because there are no effects on alertness or memory, the patient can drive him/herself to and from treatment sessions

In-office treatment with NeuroStar TMS Therapy takes 19-37 minutes and is administered 5 days a week for approximately 4-6 weeks.

## IDEAL PATIENT

NeuroStar TMS Therapy may be an appropriate depression treatment option for a broad range of adult patients who:

- Are in a recurrent episode
- Have attempted multiple depression medications yet are still symptomatic
- Are considering a complex, multi-drug regimen (eg, adding atypical antipsychotic) but concerned about side effects
- Are highly motivated to get well



## MAKE A REFERRAL

515.348.8259  
[IowaCounseling.com](http://IowaCounseling.com)

## TMS THERAPY

### COMPASSIONATE, WHOLE PERSON CARE.

For people with Major Depressive Disorder (MDD), long-term remission becomes less likely with each prescription medication treatment attempt. As antidepressant medication increases, so can side effects and the potential for treatment failure.

NeuroStar Advanced Therapy is an innovative, FDA-cleared therapy that can help people who struggle with MDD even after taking antidepressant medication. It helps activate the natural function of the brain's neurotransmitters using a non-invasive magnetic field and is not ECT (electroconvulsive therapy).

Because NeuroStar is a non-drug treatment, people don't experience side effects like those associated with antidepressant medications. The most common side effect is temporary pain or discomfort at or near the treatment site. These effects are temporary and do not occur for most people after the first week of treatment.

### FREQUENTLY ASKED QUESTIONS

#### What are the chances NeuroStar® treatment will work?

In clinical trials after the acute phase of treatment, 33% of patients achieved remission, and 62% had a positive response (50% reduction in symptoms). **In our office, we see a positive response rate of 76.9% and remission rate of 53.8%.**

#### How long does the treatment effect last?

NeuroStar conducted a clinical study that showed that after 12-months, 45.1% of patients maintained remission, and 67.7% of patients maintained a positive response to treatment. 36.2% of these patients had an additional set of treatments, an average of 16 sessions. Many patients find that they do not need additional treatments after their initial course of therapy.

#### What are the side effects of NeuroStar Advanced Therapy? Any long term effects?

The most common side effect is discomfort at the treatment site. Some patients complain of a headache following treatments for the first few days. Our providers may recommend taking an over-the-counter medicine before treatment if the patient experiences discomfort. Most patients find any discomfort lessens after the first 5 days of treatment.

#### What if NeuroStar doesn't work?

The care team at CIPS will do everything possible to help the patient get the best result. Our team encourages patients to keep up with their other depression treatments simultaneously including medications, talk therapy, and lifestyle modifications throughout their NeuroStar treatment. If a patient does not have a positive response, our providers will discuss other treatment options.

## We're ready to help.

515.348.8259 | [IowaCounseling.com](http://IowaCounseling.com)

### INSURANCE ACCEPTED



### LOCATIONS

#### Ames Office

223 Walnut  
Ames, IA 50010

#### West Des Moines Office

3737 Woodland Ave., Ste 415  
West Des Moines, IA 50266

#### West Des Moines Office – Med Clinic

3737 Woodland Ave., Ste 425  
West Des Moines, IA 50266

#### Ankeny Office

215 NW 18th St,  
Ankeny, IA 50023

