

# Greenbrook NeuroStar® TMS Therapy

## Patient Frequently Asked Questions



### What is NeuroStar TMS Therapy?

NeuroStar is a non-invasive FDA-cleared therapy that uses short magnetic pulses to stimulate nerve cells in the area of the brain that controls mood.<sup>1,2,3</sup> These pulses can have a lasting effect on the brain's neurotransmitter levels, helping people suffering from depression, anxiety symptoms in those with depression, and OCD achieve response and in some cases long-term remission from depression symptoms.<sup>2,3,4,5,6,7</sup> Because NeuroStar is not a drug, it doesn't cause the side effects that are often associated with antidepressants.<sup>8</sup>

### What happens after my consultation?

Your Care Team will explain payment options, review standard insurance plan criteria, and coordinate with your health insurance provider to determine benefits. Next, you will meet with a Greenbrook-affiliated licensed mental health provider for an evaluation, which includes detailed questions about your history and symptoms. If the provider determines that you are a candidate for NeuroStar TMS and you are ready to move forward, they will create your individualized treatment plan.

### How do I know if NeuroStar TMS is right for me?

If you suffer from depression, anxiety symptoms associated with depression, or OCD but have not benefitted from your current medications—or are not happy with their side effects—NeuroStar TMS may be right for you. NeuroStar may also be a good choice if you have tried switching medications for depression but have still not found remission from your symptoms.

### Is TMS covered by insurance?

Greenbrook NeuroStar TMS Therapy for depression is covered by most insurance plans, including Medicare and Tricare, usually after medication options have proven ineffective in your major depression treatment.

### Do I need to do the full course of treatment?

We strongly encourage patients to complete the full course of TMS therapy. Studies have shown that patients who complete the full course of treatment have a better chance of finding significant improvement from their depression symptoms.<sup>9</sup>

### When will my depression symptoms lessen?

Greenbrook NeuroStar TMS treatment plans typically include 30 to 36 sessions over a six- to nine-week period, depending on the patient's diagnosis, insurance requirements, and individualized care plan. Because every patient is different, response times vary. Many people experience significant improvement in depression symptoms after four to six weeks of treatment. Often, loved ones notice positive changes in the patient before the patient is aware of improvements themselves.

#### References

1. NeuroStar Prescribing Information.
2. Sackeim HA, et al. (2020). *J Affective Disorders*, 277(12):65-74.
3. Liston C, et al. (2014). *Biol Psychiatry*, 76(7):517-26.
4. Janicak PG, et al. (2010). *Brain Stimulation*, 3(4):187-199.
5. Dunner DL, et al. (2014). *J Clin Psychiatry*, 75(12):1394-1401.
6. Carmi et al, 2018, *Am J Psychiatry*: Efficacy and Safety of Deep Transcranial Magnetic Stimulation for Obsessive-Compulsive Disorder
7. Tuinstra D, et al. (2022). *Psychiatry Research Communications*, 2(1):2772-5987
8. O'Reardon JP, et al. (2007). *Biol Psychiatry*, 62(11):1208-1216.
9. TrakStar PHQ9 score data; n=48,000 patients. Data on file at Neuronetics.

It is important that you consult directly with your treating Greenbrook NeuroStar TMS provider regarding all questions you may have about your treatment.

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See next page for indications and safety information



### **NeuroStar Adult Indications for Use**

The NeuroStar Advanced Therapy System is indicated for the treatment of depressive episodes and for decreasing anxiety symptoms for those who may exhibit comorbid anxiety symptoms in adult patients suffering from Major Depressive Disorder (MDD) and who failed to achieve satisfactory improvement from previous antidepressant medication treatment in the current episode.

The NeuroStar Advanced Therapy System is intended to be used as an adjunct for the treatment of adult patients suffering from Obsessive-Compulsive Disorder (OCD).

### **NeuroStar Adolescent Indications for Use**

NeuroStar Advanced Therapy is indicated as an adjunct for the treatment of Major Depressive Disorder (MDD) in adolescent patients (15-21).

### **Important Safety Information**

NeuroStar Advanced Therapy is only available by prescription. A doctor can help decide if NeuroStar Advanced Therapy is right for you. Patients' results may vary.

The most common side effect is pain or discomfort at or near the treatment site. These events are transient; they occur during the TMS treatment course and do not occur for most patients after the first week of treatment. There is a rare risk of seizure associated with the use of TMS therapy (<0.1% per patient).

Visit [neurostar.com](http://neurostar.com) for full safety and prescribing information.