



# TRANSCRANIAL MAGNETIC STIMULATION (TMS)

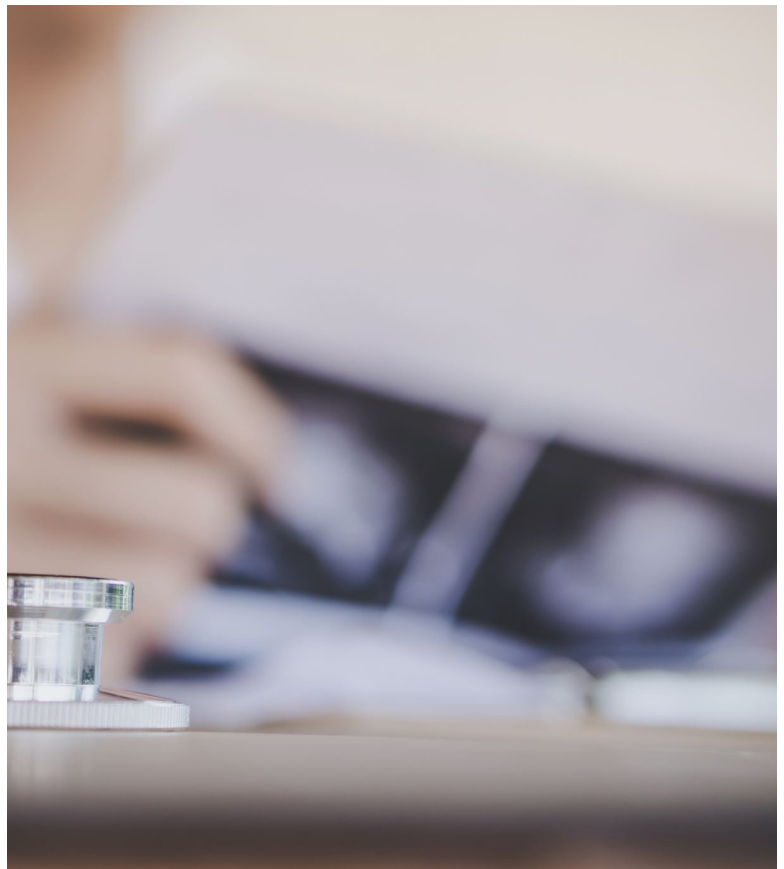
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## WHAT IS TRANSCRANIAL MAGNETIC STIMULATION (TMS)

- TMS is a non-invasive therapy for multiple mood disorders
- Patients will wear a helmet that contains electromagnetic devices that are set to send gentle pulses of magnetic energy through the scalp that target parts of the brain that control mood
- The pulses stimulate neurons in the brain to release neurotransmitters and therefore improve communication and reduce imbalances that cause mood disorders
- The technique is safe and has less side effects than most medications for major depression such as selective serotonin reuptake inhibitors (SSRIs)
- The most common side effect is headache, which are usually mild, short-lived, and can be easily treated with over-the-counter pain medication
- Other less common side effects include appetite and weight changes, sexual dysfunction, and sleep disturbances

# TREATMENT PLAN

- A patient is awake during the whole procedure and can comfortably read a book or watch TV or do other activities while it's happening
- Sessions last from 20 to 40 minutes
- Patients can return to normal activity right after each treatment session
- Treatment plans usually start at about 5 sessions per week
- Sessions range from 20-36 in total



## WHAT IS IT USED FOR?

- TMS is FDA approved for the following mood disorders
  - Major Depressive Disorder (MDD)
  - Obsessive-Compulsive Disorder (OCD)
  - Anxious Depression
- TMS is especially useful for treatment resistant MDD
- Studies have shown that 58% of treatment resistant depression patients saw improvement of symptoms and 37% no longer meet the criteria for depression after full treatment

## WHO QUALIFIES FOR TMS?

- A patient must be diagnosed with Major Depressive Disorder
- A patient must have tried and not seen any result after at least 4 antidepressants from two or more drug classes (SSRI, SNRI, TCAs, etc.)
- A patient does not qualify for TMS if they...
  - Had a stroke, brain tumor, or traumatic brain injury in the past
  - Have a pacemaker or heart stent
  - Have cochlear implant
  - Have a history of seizures