The background features a dark blue gradient with faint, white circular patterns. A prominent scale on the left side ranges from 150 to 260 in increments of 10. Several circular arrows, some solid and some dashed, are scattered across the page, suggesting a technical or scientific theme.

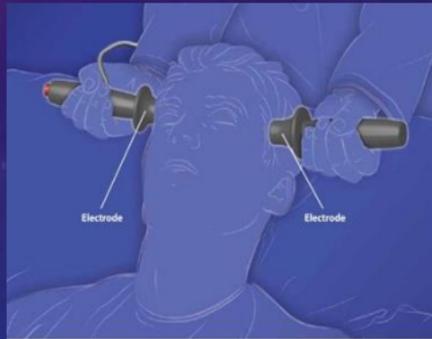
# ECT VS TMS

UNDERSTANDING THE BENEFITS BASED ON CURRENT  
EVIDENCE AND PRACTICES

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## What is Electroconvulsive Therapy (ECT)

- ECT is a safe, effective treatment used for helping people diagnosed with conditions like severe Major Depression or Bipolar Depression, and who have been unsuccessful in previous treatments
- ECT involves using electricity to stimulate the brain in a way that is known to improve these conditions which medicine is sometimes unable.



## WHAT DOES ECT LOOK LIKE

- Patient will find a treatment center where ECT is offered usually by referral through their existing health care provider.
- They will undergo anesthesia, and then will receive the treatment from 10-15 minutes
- This processes is completed 2-3 times for a month to two months to see the maximum benefits.



<https://www.health.com/shock-therapy-8648983>

# WHY ECT MAY BE PREFERRED

- Transcranial magnetic stimulation (TMS) is another intervention which has been shown to help with some of the conditions discussed. ECT may be preferred for these listed reasons.
  - Proven effective treatment for those listed conditions (Depression, Bipolar, other mood disorders)
  - Decades of data on safety and positive outcomes with 70%-90% of patients having notable improvement
  - Currently covered by Medicare and many private insurance plans
  - Requires less treatments before results may be seen

## TMS

uses a magnetic coil to stimulate specific regions of the brain that are thought to play a role in depression symptoms.



## ECT

uses electric currents to induce a seizure in a sedated patient's brain.



For data and more information check

<https://www.ncbi.nlm.nih.gov/pubs/219695361/>

<https://www.nam.org/about-mental-illness/treatments/ect-tms-and-other-brain-stimulation-therapies/>

## FURTHER CONSIDERATIONS

- While ECT is extremely safe and effective, it may not be the right treatment for everyone. There should always be a conversation with your healthcare provider to make sure you are a great candidate for ECT.
- The known side effects include downiness and temporary memory problems following treatment, but no long-term effects.
- ECT is an underused treatment based on effectiveness, and in many cases provides benefits to patients that are not yet proven with TMS treatments.

## SOURCES

- <https://www.ncbi.nlm.nih.gov/books/NBK95341/>
- <https://www.nami.org/about-mental-illness/treatments/ect-tms-and-other-brain-stimulation-therapies/>
- <https://www.nimh.nih.gov/health/topics/brain-stimulation-therapies/brain-stimulation-therapies>