

Topics to Discuss with Your Doctor



TMS | DIRECTORY

CONNECTING TMS COMMUNITIES

TMS Offers HOPE for REMISSION

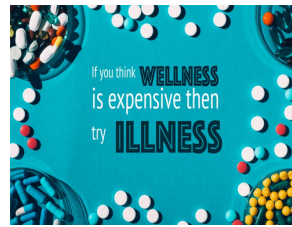
When medications aren't providing you relief or can not be tolerated because of side effects, then TMS therapy should be considered as an effective treatment option.

Use our discussion guide to help facilitate a conversation with your doctor.

What is TMS Therapy?

TMS stands for transcranial magnetic stimulation, and is FDA-approved for the treatment of major depressive disorder (MDD) and obsessive compulsive disorder (OCD). TMS uses a targeted pulsed magnetic field, similar to what is used in magnetic resonance imaging (MRI). This magnetic field stimulates areas of the brain that are under-active in people with depression. TMS is not electroconvulsive therapy (ECT).

Is TMS the best treatment option?



TMS is an effective treatment when medications have not been effective or when side effects are intolerable. Unlike medications, TMS does not cause undesired systemic side effects and offers long-term remission from symptoms.

Since TMS is done in a physician office or outpatient clinic, it does not require sedation, downtime, induction of a seizure, and patients can immediately return to normal activities.

What can I expect during a TMS session?

Standard outpatient TMS therapy for the treatment of depression takes as little as 19 to 37 minutes and is administered 5 days a week for approximately 4-6 weeks up to 36 treatment sessions. Some TMS clinics offer intermittent Theta burst TMS (iTBS), where treatment can be completed in a much shorter amount of time. Here's what you can expect:



Before treatment

- You'll recline comfortably in the treatment chair
- A small, curved device containing the magnetic coil will be positioned lightly on your head



During treatment

- The coil delivers focused magnetic stimulation directly to the target areas of the brain
- You'll hear a clicking sound
- and feel a tapping sensation on your head



After treatment

- You can resume normal activities immediately.
- Because there are no effects on alertness or memory, you can drive yourself to and from treatment sessions. You will remain awake and alert during treatment with no sedation or anesthesia

Is TMS therapy safe and easy to tolerate?

TMS is free from side effects often associated with antidepressant medications. The most common side effects include temporary discomfort at or near the treatment site and headache. These symptoms typically resolve after the first few treatment sessions.

There is a rare risk of seizure associated with TMS therapy that occurs in less than .01% of patients. There is no negative effect on memory or sleep. No anesthesia or medication required. No delivery of a shock. No induction of a seizure. No systemic side effects, such as those caused by psychiatric medications (weight gain, dry mouth, stomach upset, sexual dysfunction, sleeping issues, suicidal thoughts, foggy thoughts, constipation, and blurred vision to name a few).

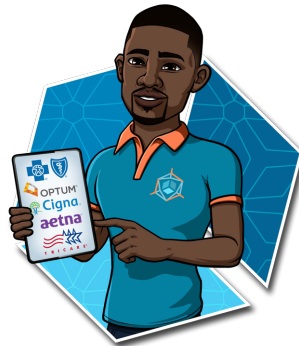
What is important to ask your TMS doctor?

Precision is important with TMS therapy because if treatment is off by just 1 mm, up to 40% of the required dosage can be lost. To ensure the most accurate treatment every time, it is important that you visit a TMS clinic that can discuss the type of TMS therapy system they use and how they ensure proper placement at each visit.

✓ How does your TMS system assure that I am receiving the right dose with each treatment?

✓ What is your success rate with prior patients and the % who achieve remission?

✓ What TMS system do you use?



A few TMS systems use headgear and mouth guards, which is important to many patients. You may want to inquire about this if you prefer a system that doesn't require you to wear head gear or a helmet.

Be sure to ask your doctor the following additional questions.

Make sure you're getting the best treatment available for your condition:

- Is the type of TMS best for me covered by my insurance?
- Will my insurance require a prior authorization?
- When can I expect to start feeling any positive effects of my TMS treatment?
- Is there anything I can do to improve my results or outcome?
- What can I do to get the best results from my TMS therapy sessions?

When can I expect to experience results or remission and how long will it last?



Many people's depression symptoms significantly improve or go away after 4 to 6 weeks of treatment (20-40 treatment sessions). However, there are treatments called 'theta burst' which can allow treatment to be completed in 5-10 days. These may or may not be covered by your insurance or offered in a clinic in your area.

Do I need to continue my prescription medication?

Everyone is different, so it's important to realize that your results may vary from other patients who've received TMS. You and your doctor should discuss your current drug treatment status. Then your doctor can recommend the best course of action for you. Continuation of medications is strictly up to you and your doctor. It is important to remember that TMS is not a permanent cure, but does offer long-term symptom relief for an average of one year.



Does insurance cover my TMS therapy?



FDA-approved TMS Therapy Systems are covered by most health plans, including Medicare and Tricare. Consult with your doctor to see if you meet medical requirements and all other necessary guidelines for reimbursement. Coverage and payment can vary based upon your specific plan, so you may want to contact your insurance company to verify eligibility, benefits, coverage for TMS therapy, and whether or not your TMS doctor is in-network with your insurance. Most, not all, insurances will require a prior authorization with your insurance before starting treatment. **Check with your insurance or doctors office to determine if a prior authorization is required by your insurance and ask who is responsible for obtaining the prior authorization.**

When I visit the TMS clinic for the first time what should I bring?

It is important that you bring a **photo ID** (drivers license), your **insurance card**, a **list of previous and current antidepressant** and other psychiatric medications tried, and any information (**name, phone #**) for any **therapist, counselor, or group therapy attended**, as well as the name and number of where your medical records can requested from. This information will be needed in order to obtain your prior authorization from your insurance company. **It's always helpful to know the dosage of medication you have tried, the trial dates, and why the medication was stopped** (i.e., side effects, medication stopped working, ineffective, etc.).



* Total treatment time may vary depending on your doctor's recommendation. Your doctor will help determine the number of sessions and the treatment protocol that is right for you.