

How do I start TMS Treatment?

As part of PrairieCare's full continuum of care, Transcranial Magnetic Stimulation (TMS) is a unique service offered at our Edina and Woodbury locations. This treatment is geared towards individuals experiencing Major Depressive Disorder and other complex neuropsychiatric disorders.

If you have questions regarding TMS or would like to start the intake process, please contact our TMS Care Coordinator at **952-737-4510** or at CFN@prairie-care.com.

Patient Testimonials

"I'm still just in disbelief at how completely effective and life changing this treatment has been."

—Patient; received TMS treatment from May 2021 to July 2021

"Very well organized, punctual, professional process. Thank you so much for helping me feel better!"

—Patient; received TMS treatment from April 2021 to June 2021

"TMS really worked for me, I feel like I got my life back!"

—Patient; received TMS treatment from July 2020 to October 2020

Transcranial Magnetic Stimulation (TMS)

for
Treatment-Resistant
Depression

Providing each individual patient the psychiatric care they truly need.

LEARN MORE 952-737-4510



What is TMS?

Transcranial Magnetic Stimulation (TMS) is an evidence-based, non-invasive procedure used to treat individuals experiencing treatment-resistant depression.

Does TMS work, and how does it work?

In real life clinical settings, 1 in 2 patients reach full remission from their depression, and 3 in 4 patients have their depressive symptoms reduced by 50%. Through the use of a Brainsway helmet, pulsating magnetic fields are used to stimulate nerve cells in a specific target region in the brain that controls mood, using it to treat symptoms of Major Depressive Disorder (MDD), by activating the neural pathways.

Who qualifies for TMS?

- To be eligible for TMS treatment patients must have a diagnosis of Major Depressive Disorder (MDD—recurrent, severe; F33.2).
- Patients must be 18 years of age or older.
- Patients must also have tried and failed to see results from at least four antidepressant medications from two different classes without improvement, along with medication augmentation trials, and a sufficient trial of evidence-based psychotherapy.

What to Expect During a TMS Treatment

During the first TMS session, several measurements are made to ensure that the TMS coil will be properly positioned over the patient's head. The TMS physician then measures the patient's motor threshold, by administering several brief pulses. Measuring the motor threshold helps the physician personalize the treatment settings and determine the amount of energy required to stimulate brain cells. Once the motor threshold is determined, the coil is then brought forward so that it rests above the front region of the patient's brain. The coil is inside a helmet, which will be securely strapped to the patient's head. Treatment is then started. The treatment itself lasts about 20 minutes, after which the helmet is removed by the TMS operator and the patient leaves the clinic and may safely resume their daily activities.

A typical course of TMS treatment consists of 36-37 Treatments over 12 weeks, as recommended by your TMS doctor, or as covered by your insurance.

How long does remission last?

- Remission lengths and the need for retreatment vary by patient. Among people who responded to TMS initially, 66.5% has a sustained response after 3 months, 52.9% had a sustained response after 6 months, and 46.3% had a sustained response after 12 months².

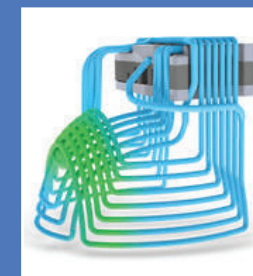
Potential Risks and Side Effects of TMS

- TMS is well-tolerated and associated with few side effects. The most common side effects are headache and fatigue. These are mild and generally diminish over the course of the treatment.
- The most serious risk of TMS is seizures. However, the risk of a seizure is exceedingly low at less than 0.1%. At PrairieCare, we follow up-to-date safety guidelines that are designed to minimize the risk of seizures¹.
- There have been no observed long-term side effects associated with TMS.

Brainsway Helmet and Machine



PrairieCare has chosen to use the Deep H1 Brainsway Coil, which targets an area of the brain important in depression, called the left dorsal lateral prefrontal cortex (DLPFC). This device is a repetitive TMS device but also has deep penetration (dTMS), which allows for more brain regions to be reached by the device. The device also uses a more diffuse magnetic field, which makes the procedure more comfortable for many people.



1. Dobek, C. E., Blumberger, D. M., Downar, J., Daskalakis, Z. J., & Vila-Rodriguez, F. (2015). Risk of seizures in transcranial magnetic stimulation: a clinical review to inform consent process focused on bupropion. *Neuropsychiatric disease and treatment*, 11, 2975.
2. Senova, S., Cotovio, G., Pascual-Leone, A., & Oliveira-Maia, A. J. (2019). Durability of antidepressant response to repetitive transcranial magnetic stimulation: Systematic review and meta-analysis. *Brain stimulation*, 12(1), 119-128.