

# **INSIDE THE MIND** with Dr. Omar

Answering Your Questions about the Latest Developments in Mental Health Care



What Is It & How Can It Help Me?

# Q. What does Transcranial Magnetic Stimulation mean?

A. TMS is a non-invasive brain treatment that uses magnetic pulses to stimulate the brain network.

# Q. How does TMS actually help improve depression symptoms?

A. Studies have shown that individuals with depression have reduced activity in certain areas of the brain, including the prefrontal cortex. TMS uses magnetic pulses to stimulate the brain network involved in regulating mood. In doing so, "feel-good" hormones like serotonin and dopamine are optimized.

# Q. Is TMS similar to shock therapy?

A. Not at all. While both TMS and ECT (Electroconvulsive Therapy) target the brain, ECT works by delivering electrical currents to the brain as a whole to stimulate a seizure, which is thought then to "reset" the brain. TMS, on the other hand, is a non-invasive treatment that delivers magnetic pulses that stimulate nerve cells and facilitate healing in areas of the brain associated with mood regulation.

# Q. How do I know if I'm a good candidate for TMS?

A. Your doctor can tell you if you are a good candidate after a thorough assessment. Generally, someone could be considered to explore TMS if multiple trials of antidepressant treatment failed to alleviate their depression symptoms.

# Q. Do I have to worry about unpleasant or scary side effects?

A. TMS is generally very well-tolerated. Minor headaches and scalp discomfort could happen early on in treatment but are usually responsive to over-the-counter medications.

#### Q. What can I expect from my treatment team during a TMS session?

A. During the first session, your doctor will take measurements to ensure your treatment is specifically tailored to you. The technician will place the treatment coil or helmet in its proper place, and the treatment session will proceed for up to 20 minutes.

# Q. Why do you believe in TMS therapy for depression?

A. I have been practicing for thirty years. I have rarely seen a treatment as safe and effective as TMS in the treatment of major depression, especially when medications have failed to alleviate the symptoms and the suffering of the person living with it.

# Q. What would you say to people who may be hesitant to try TMS?

A. Although there might be a lack of familiarity with the science and evidence behind TMS, there has been a robust body of research into the safety and effectiveness of TMS since 1985. We also know that some patients may also be concerned about the time commitment needed to undergo TMS. However, that time commitment dwarfs in comparison to the time that depression robs from their lives.

# Q. Why would you recommend Mindful Health Solutions for TMS?

A. Mindful Health Solutions offers compassionate and excellent care all around, utilizing innovative and state-of-the-art protocols to address the needs of even the most challenging clinical cases. Our team is comprised of leaders in their fields, who are dedicated to providing the most exceptional TMS treatment experiences that get positive, lasting results for their patients.