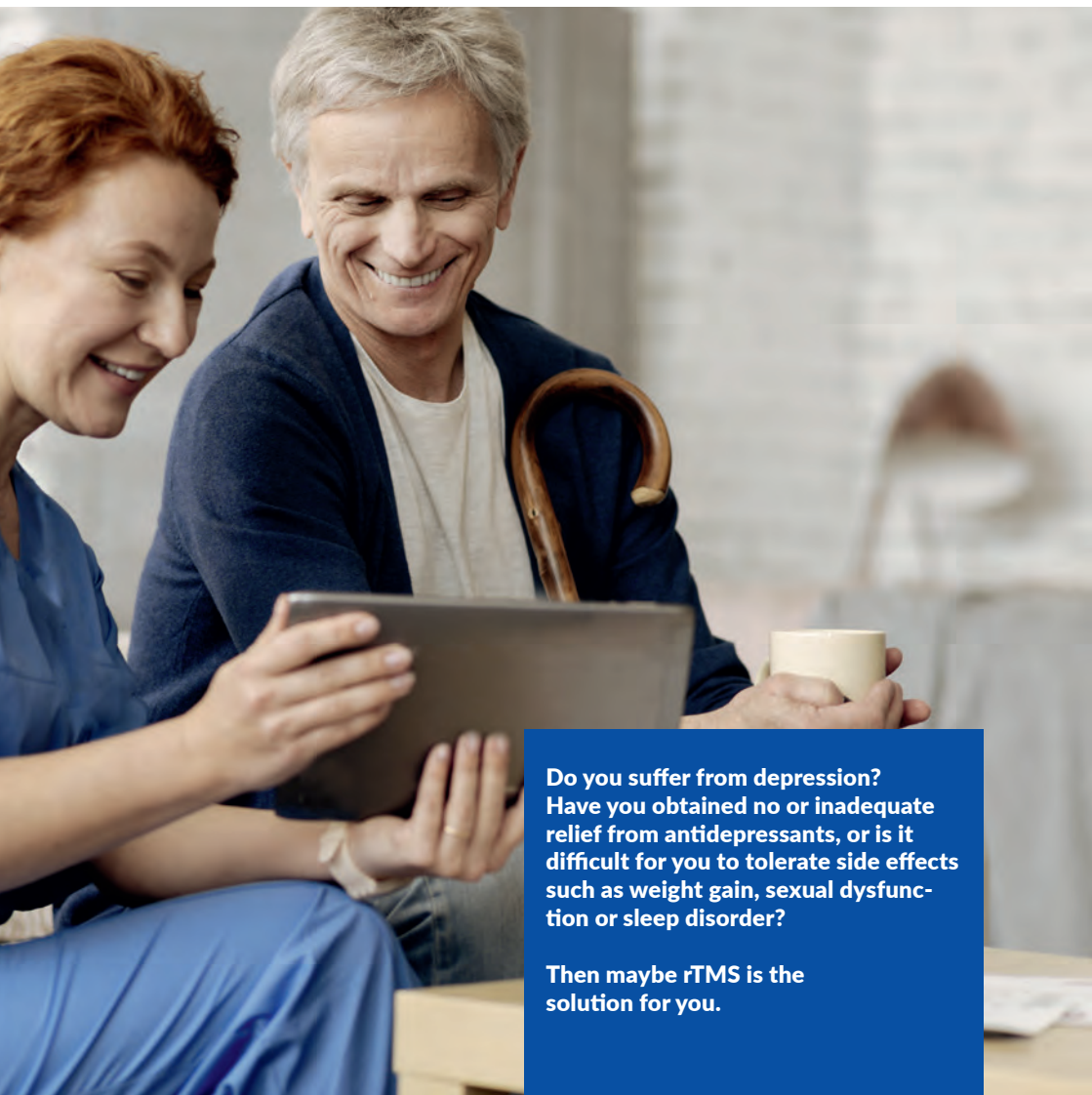


Depression Treatment without side effects

– an alternative to antidepressants



Do you suffer from depression?
Have you obtained no or inadequate
relief from antidepressants, or is it
difficult for you to tolerate side effects
such as weight gain, sexual dysfunction
or sleep disorder?

Then maybe rTMS is the
solution for you.

What is rTMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is a **non-invasive treatment**, which delivers magnetic pulses to stimulate nerve cells in the part of the brain controlling mood. This part is often underactive in patients with depression. Repeated stimulation of this part of the brain has been proven to produce an antidepressant effect on people suffering from depression.

Treatment process

During treatment you are comfortably seated with a vacuum pillow around your neck to give optimal support of your head. You wear a personal cap to ensure correct positioning of the coil delivering the magnetic pulses. During treatment, you hear a clicking sound and feel a tapping sensation on your head. Many patients will be able to watch television or read a magazine during treatment. Right after the treatment, you should be able to resume your daily activities.

rTMS is typically given 5 times a week, normally over a period of 3 – 6 weeks. Discuss details with your psychiatrist.

Does the treatment work?

For many patients, depression **treatment with rTMS is more effective than antidepressants**. More than **40 independent clinical trials** involving more than 2,000 patients worldwide show that rTMS is an effective therapy for the treatment of resistant major depression.

Efficacy of rTMS

49 %

respond to the
treatment

32 %

achieve remission
of their symptoms

After failing a minimum of two antidepressants.



Who can get the treatment?

Adult patients who have been properly diagnosed by a psychiatrist and found suitable for rTMS.

Are there any side effects?

The treatment is without the side effects typically experienced with antidepressants. Some patients report of a mild discomfort or headache.

How long does the effect last?

Many people only need one complete rTMS (3 – 6 weeks). Your psychiatrist may prescribe maintenance treatment (one or two sessions) every 4 – 6 months, or once a year. Treatment needs vary from individual to individual, but typically your psychiatrist will prescribe maintenance treatment if your depression symptoms are returning.



Where can I get more information?

Contact your psychiatrist or visit
www.tms-therapie.ch,
for more information.

