

TMS (Transcranial Magnetic Stimulation) is an FDA approved treatment for Treatment Resistant Depression.

Clients sit comfortably in a chair and are awake and alert throughout treatment. They can drive and go about their day afterward as they normally would. A coil is placed on the left front area of their head and electromagnetic current is applied by a set and approved protocol.

In treating major Depressive Disorder, it is believed that the electromagnetic currents from the TMS coil activate specific neurotransmitters — serotonin, norepinephrine and dopamine — which have been implicated in the symptoms of depression.

Studies have shown that the front-left side of the brain is an area that can be under-active in individuals with major depression, hence the rationale for the site of the stimulation.

Current research suggests that when small electrical currents are directed at the prefrontal cortex of the brain, there is an increase in blood flow and glucose metabolism, which may elevate mood. This has been documented in neuro-imaging studies which have directly observed changes in cortical metabolic activity in tissue directly stimulated by TMS Therapy.

This may prove a basis for how TMS works in other treatments as well.

TMS Therapy utilizes a TMS coil which is either applied to the scalp. This TMS coil is designed to deliver highly focused magnetic pulses to the left prefrontal cortex. The TMS coil stimulation in the part of the brain that regulates mood, is believed to trigger a cascade of neurochemical events, including the release of neurotransmitters (such as serotonin, norepinephrine, and dopamine) to help normalize neurotransmitter function.

The highly concentrated electromagnetic fields created by the magnetic coil turn on and off very rapidly. These magnetic fields are similar to those produced by a magnetic resonance imaging (MRI) machine. Although they are small, these induced electric currents in the brain can cause the neurons to fire or become more active. It is this stimulation which is believed to trigger further changes in the brain circuits responsible for depression. In other words, the magnetic pulses delivered from the TMS coil reinvigorate parts of the brain that might not be working properly in severely depressed patients.

We also offer TMS “off label” for other symptoms including anxiety. And if you prefer to use TMS vs. medication to treat your symptoms we can discuss this as well. Please ask us!

At SPS we will only have a doctor, an MD, administering treatment. Other practices may have a technician doing

so and we do not believe that this is in the best interest of our patients.

In addition, we have a transparent fee for 30 sessions of treatment. This is unlike insurance based practices that can ask for additional payment from the patient if their insurance doesn't pay their fee.

Our fee is \$4995 for 30 treatments. Never more and never less. And you can pay as you go. Patients may even have to pay a lot of this fee to meet their deductible at an insurance based practice anyway.

At SPS we strongly feel that our TMS Business Model serves our patients the best.