UNIQUE FEATURES OF TMS THERAPY

NON-INVASIVE
No surgery, anesthesia, or sedation is needed, making it a very safe treatment.

TARGETED THERAPY
Unlike medications, TMS doesn't travel through your bloodstream, focusing directly on the brain regions that need help.

STAY AWAKE AND ALERT
You remain awake and alert during treatment, so you can easily come and go to sessions in a convenient outpatient setting

TMS THERAPY FACTS

SAFE

No Adverse Effects on memory or cognition

COMFORTABLE

No need for anesthesia or sedation

OUTPATIENT

Treatments performed in our professional office setting and patients can return to their daily activities post treatment

INSURANCE

Most private insurance and Medicare cover TMS Therapy

NATURAL

Your brain is activated to release the needed chemicals necessary for proper mood regulation

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TMS THERAPY

FOR OCD & MAJOR DEPRESSION

Offices of Psychiatry & Counseling Services

Matthew A. Berger, MD, PC

Is It Right for You?

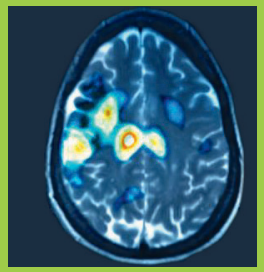
Place a check if you answer "yes" to any of the following questions:

- ☐ Are you taking medication(s) to treat your mood disorder?
- ☐ Are you still struggling with your mood disorder despite medication trials?
- ☐ Are you experiencing side effects from your medication(s)?
- ☐ Have you ever switched medications more than once due to side effects?
- ☐ Is your mood disorder interfering with your ability to function as you would like in relationships, at work, home and/or school?

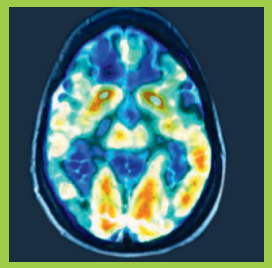
If you checked *two or more* of the above questions, TMS Therapy might be right for you. Contact us to discover how TMS Therapy could change your life for the better.

HOW DOES IT WORK?

Brain Activity: Healthy vs Depressed



Depressed



Non-Depressed

TMS Therapy offers a unique approach to treating depression.

It stimulates specific areas of the brain that control mood and are less active in people with depression. Using a magnetic field similar to an MRI, TMS encourages brain cells to release neurotransmitters, the same chemicals that antidepressants aim to boost

Additionally, TMS enhances the brain's connectivity, helping areas of the brain work better together. This stimulation helps these brain regions return to a more normal, functional state. TMS Therapy often provides significant symptom relief, even for those who haven't found success with other treatments.

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WHAT IS TMS THERAPY?

TMS or Transcranial Magnetic Stimulation is an advanced technique that uses MRI-strength magnetic energy to target the brain regions that regulate a person's mood. This approach to treating depression allows our staff of experts to improve the function of these areas, which in turn relieves depression.

TMS is FDA-cleared for treatment-resistant Major Depressive Disorder in adults and adolescents ages 15–21.
It is also FDA-cleared for Obsessive-Compulsive Disorder (OCD), offering hope for individuals struggling with intrusive thoughts and repetitive behaviors.

(1) A staff member will discuss the risks of TMS Therapy during the consultation before starting treatment. (2, 3, 4) Carpenter et al, 2012, Dunner et al, 2013, Arms et al, 2012. (5) Mark George, MD, Biological Psychiatry Branch Division of Intramural Research Programs, NIMH 1993. *Our staff with verify if you have coverage before starting treatment.