

TMS* now available in Newcastle

*Transcranial Magnetic Stimulation Treatment



The next step in depression treatment

After trialling 2 antidepressants:

-  The likelihood of responding to antidepressant monotherapy drops >50% versus first-line treatment.¹
-  Augmenting with, or switching to TMS treatment may give your patients a better chance of getting well.¹⁻⁴
-  According to the Royal Australian and New Zealand College of Psychiatrists (RANZCP), "TMS is a sensible treatment option in patients who have failed to respond to initial antidepressant therapy, or who have significant problems with tolerating medication treatment".⁵



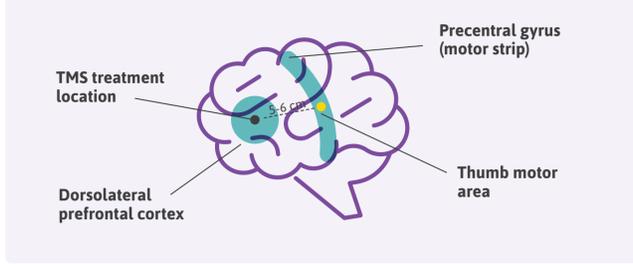
What is TMS?

TMS is a low-risk and effective treatment.

TMS uses non-invasive magnetic pulses to stimulate the prefrontal cortex of the brain to activate positive mood pathways:

- When an electrical current passes through a TMS coil, it generates a magnetic field that passes into the brain without resistance
- This magnetic field acts via induction to produce electrical activity in the underlying cortical neurons
- If the stimulation is provided above a certain threshold, these neurons will depolarise
- The repeated firing of local cortical neurons induces an effect similar to long-term potentiation.

The magnetic field reaches 2-3 cm beneath the skull, stimulating the dorsolateral prefrontal cortex and activating a circuit which goes into the limbic system.



Side effects

Side effects associated with TMS are usually mild, transient and/or can be easily managed.

The most common side effect is headache.

TMS treatment consists of:



30-45 mins/session



3-6 visits/week



20 minimum sessions to determine a response



30 sessions, in an acute treatment course



Maintenance necessity determined in consultation with you and your patient.

Identifying suitable patients

TMS is recommended for patients with depression who:⁵



Have trialled at least two antidepressants

or



Experience intolerable antidepressant side effects

TMS can be used as an augmentation therapy or as monotherapy

- Most patients combine TMS treatment with antidepressant medications
- Some patients who are unable to tolerate antidepressants undergo TMS monotherapy
- There are no medication contraindications



Robert

Diagnosis: Major depression 12 months ago

Treatment history: 2 prior antidepressants with persistent symptoms.

Recommended approach: TMS augmentation to help reduce persistent symptoms.



Kate

Diagnosis: Major depression 3 years ago

Treatment history: 3 prior antidepressants with some response, still has some persistent symptoms; poor compliance due to treatment side effects.

Recommended approach: TMS as monotherapy or augmentation.



Phil

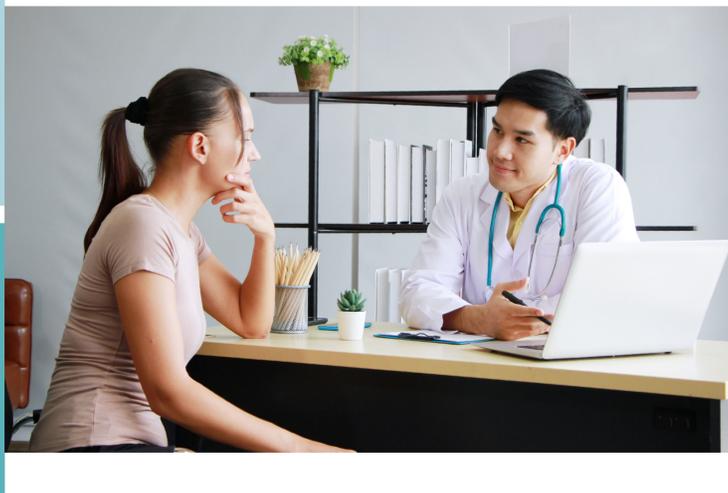
Diagnosis: Bipolar depression 10 years ago

Treatment history: 11 prior antidepressants with persistent symptoms.

Recommended approach: TMS augmentation. Review maintenance during maintenance phase.

Contraindications and precautions

- Patients with implants in their head (such as Cochlear implants, nerve stimulators or intracranial clips) may not be eligible for treatment. Note: dental fillings, braces and retainers do not pose a risk to treatment, and are not factors for exclusion.
- Patients with a history of seizures within 2 years at the time of referral may not be eligible. History of seizures does not automatically exclude patients from treatment, but may require review by the patient's neurologist. Each patient is assessed on a case-by-case basis.



How do I refer a patient?



A referral can be emailed or faxed to TMS Clinics Australia. Your patient will be contacted within one business day.



TMS Clinics Australia Patient Care Team will explain the treatment details to your patients.



TMS Clinics Australia will take care of all funding requests for Workcover, DVA & health funds.

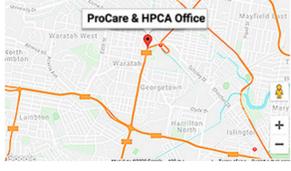


TMS Clinics Australia Service Coordinators will liaise with the patient's treatment team and will keep you informed of their progress.

TMS now available in Newcastle

ProCare Mental Health Services, located in Waratah, now offers TMS services. We invite local GPs to make referrals to ProCare via TMS Clinics Australia. Contact details can be found at the bottom of this email.

 **procare** Mental Health Services 22 Turton Road, Waratah NSW 2298



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 www.tmsaustralia.com.au

 1300 867 889

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References: 1. Rush AJ, et al. Am J Psychiatry 2006; 163:1905-1917. 2. Carpenter LL, et al. Depression Anxiety 2012; 29:587-596. 3. Fitzgerald PB, et al. Depression Anxiety 2016; 33:746-753. 4. Senova S, et al. Brain Stimulation 2019; 12:119-128. 5. Malhi GS, et al. Aust NZ J Psychiatry 2015; 49:1-185.

