

## TMS FREQUENTLY ASKED QUESTIONS

### **How is TMS different than medications?**

TMS is a non-invasive method of activating neural signals. NeuroStar doesn't have the side effects that some medications may have.

### **How is TMS different than ECT?**

TMS is a non-invasive magnetic treatment whereas ECT is electrical and is done under general anesthesia. ECT treatments can have many side effects. With TMS treatments, you may experience some discomfort at the treatment site (your scalp) but other physical side effects are extremely rare. You can bring yourself to your appointment, you will be awake for the duration of your treatment and then you can go about your day as usual.

### **How long had TMS been studied?**

TMS has been studied for about 30 years and NeuroStar TMS was cleared by the FDA for clinical use in 2008.

### **Do I have to stop taking my medications?**

In most cases, it is preferred that you remain on your medications as they are prescribed. If there is a reason to change medications, your doctor will discuss with you.

### **Will I be able to stop taking my medications?**

TMS may help your medications work better for you. Any medication changes are up to you and your provider.

### **What are treatments like with TMS NeuroStar Advanced Therapy?**

The treatments are done in the office and can take about 19-30 minutes from start to finish. You will sit in the chair and we will rest the coil on your head. The NeuroStar system then delivers stimulation directly to the target areas of your brain. You will visit for a treatment 5 days a week for about 4-6 weeks, and then can taper off of the treatments.

### **Will I need someone to drive me to and from treatment?**

No, you can drive yourself to and from your sessions and after a treatment, you can resume your day as normal.

### **How long does each treatment last?**

Treatment takes about 19-30 minutes, give or take a few minutes.

### **Do I need to come to treatment every day?**

Yes, daily treatment is recommended.

### **What if I miss a day of treatment?**

If you need to reschedule a treatment, please contact us as soon as you know, and we will reschedule your session.

### **Who will be performing the treatments?**

A physician will find the customized treatment location that is right for you at an initial mapping session. The TMS Coordinator will administer the treatments at your daily visits.

### **What are the chances that this will work?**

Just like other treatment options, there is not a guarantee that the treatment will work for you. In previous trials: 58% of patients responded (had a 50% reduction in depression scores) and 37% of patients achieved remission of symptoms after 4-6 weeks of treatment.

### **What if this treatment doesn't work?**

You and your provider will coordinate the best plan of action if the treatments do not have the desired outcome. Keep in mind that it is important to give the treatment time to work and to commit to treatment in order to achieve your best result.

### **When will I start to feel relief from depression?**

Patients have seen their symptoms significantly improve after 4-6 weeks of treatment.

### **How long will the treatment effect last?**

The effect of treatment could vary, but many of those treated with TMS actually show improvement in their symptoms long-term.

### **What if I need more treatments?**

If more treatment is needed at some point, we will work with your insurance to do what we need to in order to get you feeling your best.

### **What are the treatment side effects?**

Side effects are minimal. You may experience some scalp pain or discomfort (at the treatment location). A slight headache may occur for the first few days.

### **Are there any long-term effects to consider?**

There has not been any evidence of adverse long-term effects.

### **Will this have any effect on my memory?**

Treatment won't have any effect on your memory.

### **Will this help with my anxiety?**

Though this treatment is specific to addressing depression, anxiety is often a subsequent condition to depression. As your depression improves, you may also be better able to handle your anxiety through therapy or other treatment.

### **Which insurance companies are covering this treatment now?**

Most major insurance companies will cover treatment. Medicaid is one of the remaining major plans that does not yet cover this service for our area. Our staff will find out the information regarding your specific insurance and discuss it with you.

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