

What is TMS?

Transcranial Magnetic Stimulation (TMS) is a breakthrough non-pharmacological treatment for patients who continue to experience depressive symptoms despite therapy and antidepressant treatment or those who are unable to tolerate anti-depressant medications because of the side effects. TMS has been shown to produce changes in neuronal activity in regions of the brain implicated in mood regulation, such as the prefrontal cortex. As each magnetic pulse passes through the skull and into the brain, this induces brief activity of brain cells underlying the treatment coil.



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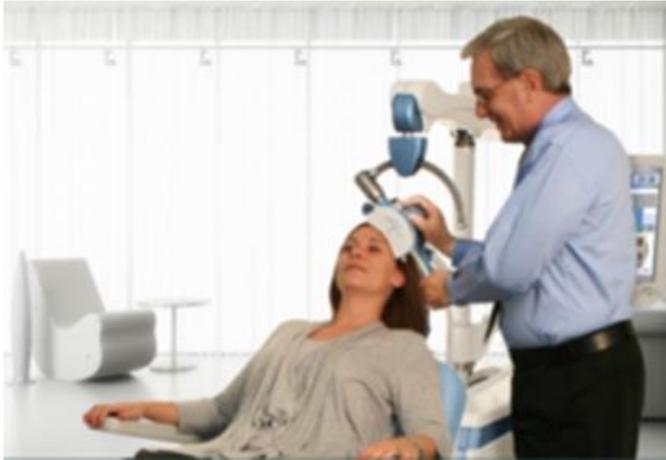
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Transcranial Magnetic Stimulation (TMS)

For Major Depressive Disorder

Roger Pottanat, M.D.
Kirk C. Lum, M.D.
Board Certified Psychiatrists
TMS Certified Providers





- **Proven to be of significant benefit in NIMH trials vs. sham treatment.**
- **Proven to show continued significant benefit over the 12 months following treatment.**
- **TMS is a covered benefit by Medicare and most health plans.**

What happens during TMS?

TMS is done on an outpatient basis under the supervision of a psychiatrist. During treatment, the patient is awake and seated in a comfortable chair. A device, about the size of a cupped hand, rests lightly on the head and delivers a series of targeted magnetic pulses that stimulate the part of the brain involved with regulation of mood. Treatment is typically administered five days a week for four to six weeks. Patients are awake and alert during treatments lasting approximately 40 minutes and may return to their daily routine immediately afterwards. Total treatment consists of 5 daily treatments over 6 weeks with 6 taper treatments spread out over 3 weeks for a total of 36 treatments.

Potential side effects are smaller compared with medications:

- 50% may report headaches which consistently resolve after the 2nd week of treatment.
- 30% may experience painful scalp sensations or facial twitching with TMS pulses. These too tend to diminish over the course of treatment although adjustments can be made immediately in coil positioning and stimulation settings to reduce discomfort.
- Seizures are the most serious potential side effect and are exceedingly rare, 1:1,000 patients.

Is TMS Right For You?

If you are suffering from depression and have not had satisfactory results from standard antidepressant medication trials and therapy, TMS may be able to help.

If you agree with two or more of these statements, ask your behavioral health provider about TMS:

- Depression symptoms continue to interfere with my daily life.
- I am not satisfied with the results I get from my depression medication.
- I have had, or have worried about, side effects from depression medications.
- I have had to switch medications for depression due to side effects.
- I am interested in a proven, non-pharmacological treatment for depression.

Drs. Pottanat and Lum are Board Certified Psychiatrists who are also certified to provide TMS. Patients who begin TMS would continue in treatment with their current behavioral health providers, with whom Drs. Pottanat and Lum are happy to coordinate care.

Contact Us

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