

# Overcoming **STRUGGLES** and **DOWNWARD SPIRALS**

FDA-approved, drug-free treatment brings clarity and vitality back to creative artist's life after decades of drugs and depression

By Diana Dunne

**Jane G. is attractive, creative, intelligent, and suffers from depression.** “My initial bout with depression followed the birth of my first child, when I was 22,” she says.

It was the first of many struggles Jane would experience throughout her life.

## Change and challenge

After managing her first round of depression without any medication, Jane had two more babies over the next three years, and found herself in the depths of depression once again. Her emotional and mental health was in steady decline, and as she neared age 30, her condition became serious.

“I was dealing with a number of changes in my life and I had a complete breakdown,” Jane says. After 12 years of marriage, she was divorcing. Within a

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year of ending the failed marriage, she quickly married again. A risky pregnancy followed. Then, she moved from Nevada to another state.

“I just had no zest for life and no interest in making friends,” Jane says.

“I was feeling very withdrawn, and could only work sporadically. I was also dealing with severe anorexia as well.” She sought professional help. Her doctor prescribed medication, and it did help her cope with her challenges—for a while.



Dr. Ahmed gets Jane set up for her TMS therapy treatment. After her six week treatment program, Jane is taking 75 percent less medication for depression and has returned to living a full and active life.

“Throughout my thirties, I continued to take medications. But they were losing their effectiveness. I was prescribed more varieties and higher dosages until I was on so many meds I could not even keep up with taking them all each day,” she says. At the same time, her second marriage was becoming more and more difficult, but she was trying to hold it all together. Her controlling husband was abusive, but she did not feel strong or healthy enough to go through another divorce.

“I knew my marriage was very bad. But I continued to forgive my husband and tried to

make it work,” Jane says. “I couldn't seem to make up my mind about what to do.”

By age 40, Jane was still terribly depressed and completely unable to work. She was a talented interior designer working for a corporation, but could not get out of bed to meet clients and do the work she once loved. She quit her job, and attempted to take her own life—not just once, but several times. Between 1998 and 2014, she was hospitalized in psychiatric hospitals 10 different times, was suicidal often, and made several suicide attempts.

## Rock bottom and a rise to the top

In 2011, Jane found the strength to divorce her second husband after their 25-year relationship. It was a very difficult divorce, which left her alone with her teenage boys and with no family support and no job. She was originally from Texas, and returned there (from Las Vegas) to be with her sister, brother, and mother in Bay Area Houston.

“The divorce took its toll on me and I was at an all time low,” Jane says. “So I thought moving back to Texas to be with my family would make things all better.” Initially, it did not. The medications were not effective, and depression was controlling her life. “I began to realize that I could not run away from my own mental illness.” Encouraged by her family, Jane entered into an intensive outpatient program to try a new approach at beating her depression.

During her outpatient rehabilitation, Jane learned about TMS Therapy—an FDA-approved, non-drug treatment for depression. She found out that she was a good candidate for TMS treatment, since standard drug therapy for depression was not helping her, and she was introduced to Dr. Mohamed Ahmed and The Psyclinic. “When Dr. Ahmed told me about TMS, my sister and I did a lot of research online and we were very hopeful. I decided I had nothing to lose, and began the treatments,” she says.

On March 6, Jane started her first of six weeks of TMS treatments. “By the end of the fourth week I was feeling much better, and Dr. Ahmed began weaning me off of my meds,” she says. “All my life I said I would never be off medications. I couldn’t believe it was actually happening!”

At the same time, Jane noticed a new sense of clarity. “My mind became clearer, and I realized that I had been living in a fog for decades. I had struggled with decisions. That’s why it took me so long to

divorce and I stayed in a terrible marriage. I was unable to think clearly. I noticed that life was starting to look more colorful too.”

Today, Dr. Ahmed continues to wean Jane off of her medications, and she is on less than 25 percent of the medications she took when she began TMS Therapy. “Right now I’m taking only two medications, one very small dose for depression and a mild anti-anxiety drug.

And I’m doing very well—much, much better!” she says.

She gave up cigarettes during TMS therapy as well. “It became so clear to me that I did not want to smoke. I want to take care of myself. I want to live,” she smiles.

In June, Jane moved back home (Las Vegas) to start a new life. She plans to return to art and combine it with her love of children. “I’d like to paint children’s murals,” she says. “And plan a lot more playtime with my 2-year-old granddaughter.”

To learn more about TMS Therapy for depression visit [www.ThePsyclinic.com](http://www.ThePsyclinic.com). If you are a Medicare patient, your TMS Therapy treatments are eligible for reimbursement. 🍷

Jane has a few words of wisdom for others who suspect or know they suffer from depression. “Don’t wait! Don’t hesitate! Do not waste another day, week, or even hour of your life. Had it been available to me sooner and had I known, I certainly would have done it sooner. I am so glad that I did,” she says. “Throughout my life I’ve worked with a lot of psychiatrists, and Dr. Ahmed and his team at The Psyclinic are the best!”

## WHAT IS TMS THERAPY®?

TMS (transcranial magnetic stimulation) Therapy® for the treatment of depression is a non-invasive, outpatient procedure that uses a pulsed magnetic field, similar in type and strength to those produced by a magnetic resonance imaging (MRI) machine. The treatment stimulates cortical neurons, resulting in a release of the same neurotransmitters that are provided artificially through antidepressant medications.



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He completed his residency in General Psychiatry and a Fellowship in Child and

Adolescent Psychiatry at UTMB. He is Dual Board Certified in both Adult and Child Psychiatry. Dr. Ahmed is a distinguished Laughlin Fellow and has been the recipient of several prestigious awards including the Robert B. White and an international medical graduate fellowship award. Dr. Ahmed was voted “Best Psychiatrist” in Baytown by the *Baytown Sun*. He has over 15 years of experience in psychiatry and clinical research.



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