

Life Begins **AGAIN AT 73**

No more depression, no more medication thanks to a new FDA-approved treatment



By Diana Dunne



When Charro—Lucy’s 7-year-old Pomeranian—jumps up and down, Lucy knows a seizure is coming on. “Charro alerts me in time for me to take my medication, which prevents the seizure,” Lucy says. Since she lives alone, Charro is more than just a beloved pet. She protects Lucy’s wellbeing. When depression invaded Lucy’s life, finding a solution was not this simple—until she discovered TMS Therapy® at The Psyclinic.

Lucy’s husband suffered a massive stroke last April, and she became responsible for his care at home. “That’s when depression really kicked in. I had suffered with it all of my life,” she says. “But when my husband got sick and was paralyzed, I began to feel very sad and alone. He passed away last July. We were married for 54 years, and we

CAN TMS THERAPY HELP?

TMS (transcranial magnetic stimulation) Therapy for the treatment of depression is an FDA-approved non-invasive, outpatient procedure that uses a pulsed magnetic field, similar in type and strength to the MRI machine. The treatment stimulates cortical neurons, resulting in a release of neurotransmitters—like 5HT, NE and DA. These are the same neurotransmitters that are provided artificially through antidepressant medications.

TMS Therapy may help those whose antidepressant medications are not working to provide full relief from symptoms, or those who experience side effects from medications (such as weight gain, dry mouth, sexual dysfunction, and confused thinking). TMS Therapy is an alternative for persons taking non-mental health medications that conflict with antidepressants. It is safe for pregnant or nursing women.

Lucy, with Psyclinic team member Angela, says that TMS Therapy gave her life back to her after losing her husband last year and experiencing a difficult and prolonged period of depression.

LUCY SAYS: JUST DO IT!

“There is no price you can put on the benefits of TMS Therapy. I was about as low as I could go and had crawled into a shell that I just could not get out of. Medication was not helping me anymore, and I couldn’t take anything stronger. Who wants to live like that? Especially when there is a proven treatment. TMS is not medication and it’s painless. I can’t say enough about it to other people suffering with depression. Just do it! Do it for yourself. Do it for your family. I have new relationships with my children and my grandchildren. In July we’re going to Hawaii on a family vacation. I would have never done that before TMS. Now I see so much beauty in life, and I strike up conversation with everyone I meet! TMS Therapy has truly changed my life. It can change yours.”

were always together. Living alone was very hard for me. I never wanted to be alone.”

Lucy explains what many people with depression describe: Dark skies, no energy, no appetite, no enthusiasm, and the inability to accomplish things during the day. “I could never get up. I was lying around with Charro and watching TV all the time,” she says. Lucy was taking medication for depression, but it was no longer helping her. When she went to see Dr. Mohamed Ahmed, who had been her doctor for years, she was desperate for improvement. “Dr. Ahmed told me that he could not give me any stronger medications, but that several of his patients were having much success with a new treatment for depression, TMS Therapy,” she says. “When I found out more about it, I was excited to get started. I trust Dr. Ahmed. He is so intelligent and so polite. And he really knows how to help people feel better.”

In January, Lucy began TMS Therapy treatments. “In the beginning I didn’t really feel any different. Then about mid-way through the treatments I noticed a shift. I could see the sun was shining, and I went into Dr. Ahmed’s office hugging everyone!” Lucy says. “I started to feel like cleaning my house. I started feeling energetic. I was hungry and eating again.”

Lucy has finished her TMS treatments, and says now she is really living. “The treatments have worked wonderfully. I am going to ceramics class once a week, matinee movies, and I am planning a trip to the casino in Lake Charles,” she says. “Now I do whatever comes up. My friends and I go to the Liberty Opry just about every Saturday. They have really noticed a huge difference in me. Even my grandchildren see a new me. They came over the other day and said, Grandma you’re feeling better! I’m 73 years young and I have a lot of life to live.”



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