

REBORN

After Battling Depression

TMS works—the first FDA approved non-drug treatment for depression

By Diana Dunne

“I had a plan to commit suicide,” Tammy says. “That’s how bad my depression had gotten. When I saw a horrible car wreck on the road one day I thought, *Why can’t that just be me? Why can’t I just die?*”

Tammy tears up as she remembers the pain and desperation she felt for years as depression increasingly stole her joy and left her unable to participate even in simple activities—like getting out of bed. Unfortunately, Tammy is not alone. Depression is a very common illness and affects approximately 14 million Americans.

The good news about depression is that there are treatment options available—typically medication and psychotherapy. However, about 4 million people who suffer from depression do not benefit from standard antidepressant medication. For many of them, NeuroStar TMS Therapy® is a great option. TMS Therapy is revolutionary—it’s the first FDA-approved non-drug treatment for depression. It works by stimulating areas of the brain that are underactive in patients with severe depression. Because it is a non-drug, TMS Therapy is free

from the side effects that patients often experience when they take antidepressant medication.

For Tammy TMS Therapy was, literally, a lifesaver.

“I was really bad off,” she says. “I was tired and depressed, and it was never ending. Every day the same depression. Medication was not helping. So when Dr. Ahmed recommended TMS, I knew I had to try it.”

Mohamed Ahmed, M.D. had been treating Tammy’s



3,000 Pulses

3,000 Pulses Later describes how Martha Rhodes, despite a seemingly ideal life as a successful advertising executive, wife and mother, succumbed to depression and an unsuccessful suicide attempt. The memoir describes her challenges with untreated, drug-resistant depression and her struggle to find an alternative to the antidepressants that failed to relieve her symptoms. Rhodes pursued TMS—transcranial magnetic stimulation—the newest, safest and proven-effective alternative to ineffective drugs. *3,000 Pulses Later* shares how the road back to health with TMS returned her to an even better place than where she started.

Call the PsyClinic to receive your complimentary copy of *3,000 Pulses Later*. 281.837.6463



After struggling for years with debilitating depression that did not respond to conventional treatment, Tammy (left) chose TMS Therapy. She experienced dramatic results and is now participating in life more fully. Her team at The PsyClinic (center)—Kristy, Bianca and Angela—are now part of her extended family and healing network. Dr. Mohamed Ahmed (right) says that results like Tammy’s are his greatest reward. He is seeing similar positive results with other patients who are challenged with depression that’s been difficult to treat.

depression for several years prior to his decision to acquire the TMS equipment at his Webster office. “Tammy had exhausted her options—medication, outpatient treatment and even hospitalization,” Dr. Ahmed says. “Yet her life was miserable and she was not doing well. I felt that she might benefit from TMS Therapy.”

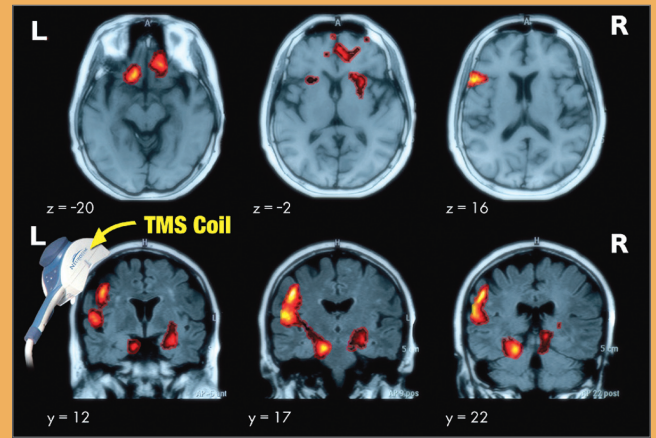
“Dr. Ahmed saved my life,” Tammy says. “He called me the queen of the facade. To look at me, no one knew the hell I was living. But I used to spend all day in my pajamas. I would hide from the phone. I just never felt like talking to anyone. I didn’t even see my best friend for three years. Since being treated with TMS, I am up and out and about. I get up in the morning and I feel like doing things.”

Tammy started TMS treatments in April this year, and finished in less than a month. “The results have been amazing,” she says. Today, she spends time with her grandchildren—ages 2, 4 and 7. She enjoys shopping with her daughters, and doing things with her husband. She answers (and makes) phone calls and has renewed friendships. She is redecorating her home, helping to plan her daughter’s wedding and she’s lost over 40 pounds!

“I feel like I’m a stronger person now,” she says. “I’m sharing my personal story because I really feel that God has put me through this battle so that I can help others.”

For Dr. Ahmed, patient outcomes like Tammy’s are his greatest reward. “When I see patients who experience genuine results like Tammy’s, and I see them gaining control of their lives again and steering in the right direction, that’s our ultimate goal!”

The PsyClinic is one of a select few professional facilities in the greater Houston area proudly offering TMS treatment to patients. For more information and to schedule a consultation, Call The PsyClinic today at 281.837.6463. ☺



Neuroimaging studies have documented changes in cortical metabolic activity in tissue directly stimulated by TMS and in distal networks known to be involved in mood regulation.

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. During TMS Therapy, the treating clinician positions a treatment coil on the patient’s head over the left prefrontal cortex, an area of the brain known to affect mood. The treatment coil generates a highly focused, pulsed magnetic field to stimulate cortical neurons, resulting in a release of neurotransmitters—like 5HT, NE and DA—to treat depression. These are the same neurotransmitters that are provided artificially through antidepressant medications.

Who Can TMS Help?

- People whose antidepressant medications are not working to provide full relief from symptoms.
- People who experience side effects from medications, which may include:
 - Weight gain
 - Dry mouth
 - Sexual dysfunction
 - Confused thinking
- Pregnant or nursing women
- Persons taking non-mental health medications that conflict with antidepressants

TMS Safety and Effectiveness

- FDA-approved for treatment of depression
- Over 15,000 patients/500,000 treatments
- Targets all three mood neurotransmitters: serotonin, norepinephrine, dopamine
- Low to virtually no side effects
- Allows for medication adjustments often lowering dosages
- Strong results for depression that is difficult to treat



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