

GET UP and GET GOING

By Sarah Elsadre, MD

Elisabeth doesn't recall ever being happy. As a child, she learned to live with her depression, but she relied on a good connection with God and spiritual strength to get her through life.

She would watch her siblings being happy and outgoing and found it hard to understand. Through her teenage years, she was always intimidated by anyone who was older than her. She shelled herself and kept only a close circle of friends from the same neighborhood. Going into high school, things became harder. She had to deal with a more diverse population at her new high school, which made the intimidation worse. The shy, Hispanic girl in her hated high school and felt like she could never fit in.

She got pregnant in the 11th grade and realized she had to eventually take care of a baby and move in with her boyfriend. During college, she started working and again felt lost at her new job. Being the youngest and the newest staff member enforced the sensation of inequality around her, and it troubled her.

It was this never-ending cycle of intimidation that she couldn't get out of. "I would feel overwhelmed, walking around with a huge dark cloud above me all the time," she says. The feeling of sadness would weigh her down and chain her. She could never break free.

Then life took her to another stage when she had her second baby. Her marriage wasn't going well, so she decided to be a stay at home mom for a while, that got boring. She knew her children needed her, but she needed something else to do



Elisabeth never regrets her decision to try this treatment.

and decided to become a bus driver. Her work schedule was great, it permitted time with her children, but soon enough the feeling of overwhelming intimidation came upon her again. This time, though, it was with the high school children; their strong straight forward characters made it hard for her not to remember her high school years.

It wasn't until she had an alarming panic attack that she decided to seek help.

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MEET DR. AHMED

Dr. Mohamed Ahmed
Board Certified Adult and Child Psychiatrist

Dr. Mohamed S. Ahmed, MD serves as the Chairman of the Department of Psychiatry at The San Jacinto Methodist Hospital in Baytown, TX. Dr Ahmed is also an Assistant Psychiatry Clinical Professor at UTMB Galveston, TX. Founder of The PsyClinic in Baytown and Webster, TX.

Transcranial Magnetic Stimulation Therapy is one of the most technologically advanced depression treatments available. This non-invasive, outpatient therapy is FDA cleared and has helped thousands of depression patients who have not received adequate results from antidepressants.

Offered at The PsyClinic in Webster.

To schedule a consultation call 281-837-6463 or visit www.thepsyclinic.com

“I asked around and was given Dr. Ahmed’s name in Baytown. I made an appointment and went to see him,” she says. “He prescribed a medication for me. In a few days, I started noticing a big change. He asked me if I ever had anxiety and my reply was ‘no.’”

“A few months later, things got worse again and I realized then that I had experienced this anxiety my whole life but never knew how bad it was. The medication helped me cope with the depression and anxiety but I started hating being on meds. I wanted so badly to get off them.

“Dr. Ahmed advised me to try this new treatment if I am serious about being off meds. I like Dr. Ahmed, he always believes me when I tell him how I feel about my mental health. I trust him like a good friend. So I decided to give it a try. I started Transcranial Magnetic Stimulation of the brain, which, fortunately, my insurance covered.”

In her first week of treatment, Elisabeth felt lighter, positive and, most importantly, confident.

Finally, she was able to breathe easily and get rid of her fears.

“Deep inside, I knew things were getting better. I will never regret my decision to try this treatment,” she says. “It changed my life for good and made me who I always wanted to be, a confident person.”

Today, Elisabeth is a new person with of goals and a bright future.

She remembers that when she finally had the guts to end her marriage, she moved back to her parents’ house. Her dad would wake her every morning and whisper in Spanish: “Get up and get going, daughter! Don’t give up, you have to throw punches; if not, your house will fall down.” A few words of wisdom Elisabeth will remember for life. ■

Dr. Elsadre holds a Medical Bachelor and Bachelor of Surgery (MBChB) from Cairo Medical School, Egypt. She is the director of clinical services of one of the largest and most successful practices in southeast Texas, The PsyClinic. She leads a team of more than 20 mental health providers and support staff. She created several new successful mental health programs such as the “You are Beautiful” program. She started TRANS-CRANIAL MAGNETIC STIMULATION program -TMS-certified- at the PsyClinic and has performed on over 80 patients.



NEUROSTAR TMS THERAPY

NeuroStar TMS Therapy is the first non-systemic and non-invasive outpatient depression treatment cleared by the US Food and Drug Administration (FDA) for patients who have not benefited from prior antidepressant treatment. NeuroStar TMS Therapy uses highly focused, pulsed magnetic fields to stimulate function in targeted brain regions. NeuroStar TMS Therapy is:

- Non-invasive, meaning that it does not involve surgery. It does not require any anesthesia or sedation, as the patient remains awake and alert during the treatment.
- Non-systemic, meaning that it is not taken by mouth and does not circulate in the bloodstream throughout the body.
- Covered by most insurance companies.