


I AM ARMY

and I am Proud to be Her

“Getting better from depression demands a lifelong commitment. I’ve made that commitment for my life’s sake and for the sake of those who love me.”

- Susan Polis Schutz



By Sarah Elsadre, MD

I am Amy. If you have met me at the grocery store, I am the one wandering between the aisles with a sad face. I am the one spending double the time getting my shopping done because I can't even remember what I needed in the first place! If you have met me at work, I am that clerk sitting behind the desk avoiding eye contact and not replying to your warm greeting.

I am the member of your local gym that hasn't been there for over a year! I am the member of your church that has been skipping Sundays for quite a while simply because I have no energy to get dressed to go to church. I am that PTO member that paid the fees at the beginning of the school year but has been avoiding all volunteer duties so that I don't have to be around too many parents at once!

If you watch me at home, I am the mother locking herself in her bedroom taking extra long naps, avoiding her kids' discussions and the huge pile of never-ending laundry!

If you lived your life like me, you would know very well how it feels to be depressed.

You would understand why I choose to stay home on weekends and ignore all my friends' invites. You would also understand why I never answer phone calls or color my gray roots.

You would also understand why my husband and I barely carry on a conversation or go out for dinner. My life is shaped around this dark hole and I dissolve into this circle of infinite fatigue, guilt, and sadness.

But a few months ago, I decided - with the help of a close friend - to give my life a second chance.

I had been on anti-depressants for many, many years that I felt that they either no longer worked or my body was simply telling me enough is enough!

My friend has also suffered from depression for a while. She tried a new treatment

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TESTIMONIALS

MELBA'S STORY

After two divorces and some serious life challenges, including a health scare, Melba brushed off her lack of energy or desire to do anything as just a response to the hard things she had come through. But her daughter recognized Melba's symptoms as possible depression and suggested she see a psychiatrist.

When Dr. Ahmed suggested TMS therapy, Melba was at first skeptical, wondering how such a protocol could actually work. But she decided to give it a try in early December. By Christmas, she was feeling so much better. "I wanted to be social, my energy returned and I even started painting again," she said. "TMS is phenomenal. You cannot get to this machine fast enough if you've ever suffered from depression."

JANE'S STORY

Jane's struggle with depression began after the birth of her first child and subsequently became worse each time she had another baby. Years later, with two failed marriages and what felt like a lifetime struggle with depression, Jane resigned herself to being on medications forever. "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 said.

When she moved back to Texas to be near family, Jane entered an intensive outpatient program, met Dr. Ahmed and learned about TMS therapy. By the end of her fourth week of treatment, Jane was feeling so much better and had more clarity than she could ever remember having. "I realized I had been living in a fog for decades," she said. Today, Jane has been weaned off of most of her medications by Dr. Ahmed and takes less than 25 percent of what she was taking when she started TMS. She quit smoking and feels so much healthier in every way. "I want to take care of myself; I want to live," she said.

ELIZABETH'S STORY

Elizabeth cannot recall ever being happy. Growing up, she always felt intimidated and just couldn't relate to her happy siblings and schoolmates. Even as a young married woman and mother of two small children, Elizabeth could not escape her suffocating depression. When she divorced and moved back home with her parents and two little ones, Elizabeth finally found the courage to seek help for her crippling secret.

One call to Mohamed Ahmed, M.D., changed her life. Dr. Ahmed is the founder of the PsyClinic and a board certified adult and child psychiatrist. He recommended TMS (Trans-cranial Magnetic Stimulation), an FDA-approved non-invasive, non-drug treatment for depression. Within her first week of treatment, Elizabeth felt lighter, more positive and more confident. "I will never regret my decision to try this treatment," said Elizabeth. "It changed my life for good and made me who I always wanted to be."

CALL THE PSYCLINIC TO SCHEDULE A CONSULTATION WITH DR. AHMED TODAY.

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.



called Trans-cranial Magnetic Stimulation of the brain (TMS for short) and has been talking to me about how this has changed her life!

I was skeptical about it at first until the first week of treatment when I felt a slight improvement in my energy level! For the first time in many years, I was able to get up easily in the morning and fix my kids a good breakfast! I always wanted to do that but never had the energy to jump out of bed!

Then two weeks into the treatment, I started to have a different attitude at work. I no longer hate my co-workers. In fact, I can tolerate them on a daily basis now! I started smiling back at them and greeting them warmly. I even started to show interest in the topics they discussed at lunch break. On my final week of treatment, I was already falling in love with my husband all over again! I began to see the good things in him and appreciate his patience with me during my difficult time. My husband found a new wife and is really enjoying his marriage again. I found a new husband, and, more importantly, I found myself!

Today, I look back at my life and wonder; "How did I tolerate myself all this time?" It wasn't fair to me and certainly wasn't fair to my family. The thing about depression is that it occupies you and provides a comfort zone. It's very difficult to break free. But once you do, you are off to a new life.

Today I can say it out loud. "I am the person I lost many years ago"! I have my life, my energy and my motivation back! Best of all, I have the rest of my life to live it the way I should have lived it all along!

I received a text message from my mom this morning. In her message she wrote, " Amy, you may have been away from the family for a while, but you were always deep inside my heart. Seeing you get better brings life back to my heart!"

Yes mom, I am back. Amy is back!

If you or your loved one suffered from depression and would like to help others gain the strength to seek the help they need; join the pledge " I am Amy!" pick up a T shirt from The PsyClinic today and like and share Amy's story and others on our FaceBook page, "I am Amy". ■

Visit www.thepsyclinic.com for more information about TMS or to schedule a consultation.

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.

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 supporting 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 60 patients by now.

