

# I AM HERE



By Sarah Elsadre, MD

Julianna's depression started many years ago when she got a divorce in 1990. It was difficult for her to hold on to a job. "I lost my job, house and car," she said. She didn't seek out medication until 2001, after the tragic accidental death of her 6-month-old grand-daughter, Aliana.

Julianna decided she needed help, so she began taking anti-depressants as prescribed by her primary care doctor. She tried many different prescriptions. Then she had gastric sleeve surgery in 2010 and took herself off her meds on her own, thinking her depression had to do with being overweight. "I was okay for

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Dr. Ahmed believes that Julianna's determination to get better and be medication-free was the key to her winning her battle with depression.



# HERE TO STAY

**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.

## 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.

## 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.

awhile then depression started creeping back again with the stresses at work,” said Julianna. The stress was so much to handle that she isolated herself and eventually shut down. Then she went to see Dr. Ahmed at PsyClinic who tried her on different medication. “I would do well for awhile then I would relapse,” said Julianna. “I got tired of the commitment of taking pills daily. I wanted to be free from meds.”

Dr. Ahmed knew that Julianna was struggling to keep up with her daily meds. He recommended TMS (Trans-cranial Magnetic Stimulation of the brain). He encouraged her to give it a try. At first, she was skeptical about it. She took a brochure home and read about it and thought, “The possibilities were on my side and I had nothing to lose, but my depression, so why not give it a try,” said Julianna. She found out that her insurance would cover it. That was a relief.

As early as the second treatment, Julianna felt something different. She started to notice that she was more socially engaged and not isolated anymore. Her husband and family noticed that she was not as irritable as she used to be. “I started going out more with family, enjoying myself, cooking my family’s favorite dinner, enchiladas and chicken tacos, going shopping and felt there is more joy in life than I have ever experienced,” Julianna recalled.

By the 12th treatment, she could really see the results clearly. She felt more positive and open to life; she started taking Yoga lessons and went on longer bike rides.

“Now, I am looking forward to the holidays!” said Julianna—something she has never felt before. She actually is looking forward to planning and taking time to enjoy a white Christmas in New York. “In the past, what really dragged me down was my overwhelming feeling of worthlessness, but now I feel like I can make a statement that ‘I am here, and here to stay!’”

Julianna says that she knows God has a plan for her life and that it was He that has carried her through all these difficult obstacles and has helped her overcome and continue to be blessed.

In her purse, Julianna’s phone rings, and the ring tone says it all. “HAPPY” by Pharrell Williams. It is a song that puts her in an upbeat and positive mood.

“...Because I’m happy, Clap along if you feel like a room without a roof.  
Because I’m happy, Clap along if you feel like happiness is the truth.” ■