



TMS

Transcranial
Magnetic
Stimulation



ADVANTAGES OF TMS

- ✓ Minimal side effects
- ✓ No anaesthetic
- ✓ Can immediately return to work
- ✓ Suitable in the elderly
- ✓ Effective for treatment resistance depression
- ✓ Can continue medications
- ✓ Can safely repeat if required
- ✓ No negative cognitive effects

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WHAT IS TMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is a recognised treatment for depression and other neurological conditions.

Clinical studies have demonstrated the effectiveness of TMS in the treatment of depression, particularly in patients who have not responded well to anti-depressant medication.

TMS is a non-invasive treatment delivered by an external magnetic coil placed lightly touching the scalp. The coil sends repetitive electromagnetic pulses to stimulate neuron activity in specific surface areas of the brain that regulate mood.

TMS is a recognised treatment for depression by the Royal Australian and New Zealand College of Psychiatrists (RANZCP Position Statement 79 – Repetitive Transcranial Magnetic Stimulation).

TMS is a non invasive, evidence-based treatment for major depression

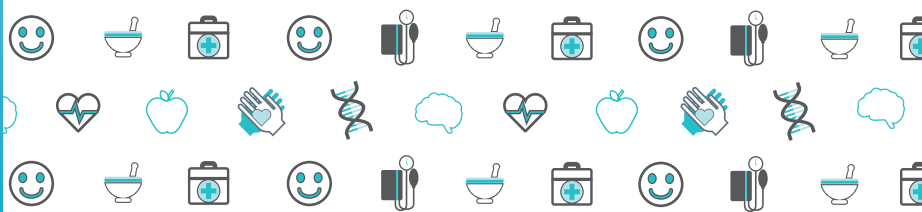
WHAT CONDITIONS DOES TMS TREAT?

The most common condition for TMS treatment is depression.

HOW DOES TMS TREATMENT WORK?

To undergo TMS therapy, there is no need for fasting or an anaesthetic. The patient sits comfortably in a reclining armchair and is awake throughout each treatment. The patient's head is carefully measured by a trained technician to determine the optimal location for treatment.

TMS treatment is non-invasive. The stimulating coil is placed beside the head, lightly touching the scalp. The patient will hear a ticking sound and may feel a mild tapping sensation on the side of their head.



WHAT DOES TMS COST?

TMS treatment for depression typically consists of 20 to 30 sessions delivered as an outpatient over 3 to 6 weeks. Outpatient treatment allows you to stay at home with family and friends during treatment rather than being admitted to hospital.

Following your initial course of TMS, your doctor may recommend maintenance treatment.

Treatment costs may be met in full for serving military, DVA, and WorkCover patients upon successful application. After referral, we look after the paperwork and prepare the application on your behalf.

Private treatment is available at \$185 per session. Medicare does not currently rebate TMS treatment, however some private health funds cover the cost of outpatient TMS.

Speak to our specialist team for more details.

IS TMS RIGHT FOR ME?

TMS is only offered after a thorough assessment and discussion with one of our psychiatrists. However, TMS may be right for you if:

- You suffer from symptoms of depression
- Anti-depressants have failed to remove your symptoms
- Anti-depressants have caused unpleasant side effects
- You cannot take anti-depressants because of another condition.

On the other hand, TMS is unlikely to be suitable if you have a metal implant, such as a pacemaker or defibrillator

DO I NEED A REFERRAL?

You need a referral from a psychiatrist or a GP to access TMS treatment at Vita Health Care.

A TMS referral form is available on the Vita Health Care website: www.vitahealthcare.com.au

