

When am I likely to notice a change in my mood?

Those people who are going to respond to TMS usually show some initial improvement in their mood after 4-6 treatments. It may take up to 20 treatments for your mood to return to its usual level.

Are there any immediate effects to TMS?

Some people feel tired after each TMS treatment though this differs from person to person. Some people report an improvement in their night sleep during the treatment course.

What do I need to bring to Hospital?

- Completed trial questionnaires
- GP referral - include physical examination
- Medicare card
- All current medications
- Please leave all valuables at home
- Any current pathology results
- Comfortable clothing
- CD selection

Do I need to be in hospital to have TMS?

Yes, you need to remain an inpatient at Pine Rivers to receive TMS treatment.

Do I need private health insurance?

TMS is only offered as an inpatient at the hospital. A health fund check can be completed to check eligibility. The administration staff at the hospital can assist you with all your enquiries.

PINE RIVERS PRIVATE HOSPITAL



For further information contact:

TMS Coordinator - Ph: 07 3881 7283

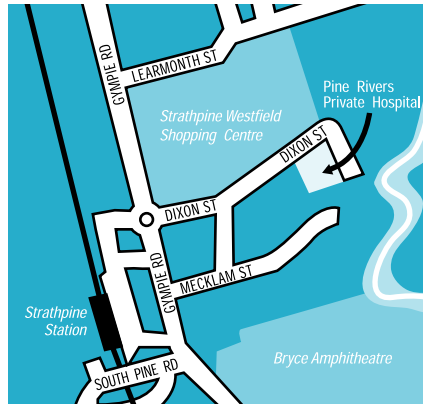
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Public Transport:

Train: Trains leave Strathpine Station every 30 minutes via the Caboolture Line.

Bus: BCC Bus 338, 327, 673, 682, 671, 680, 681, 675 & 674 (Westfield Shopping Centre)

Hornibrook Buses 11 and 12 A schedule is available from Transinfo on 13 12 30



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Depressed?

The answer could lie in a magnet

TRANSCRANIAL

MAGNETIC

STIMULATION

INFORMATION LEAFLET

What is Transcranial Magnetic Stimulation?

Pine Rivers Private Hospital in association with the Alfred Psychiatric research centre and Dr Paul Fitzgerald, have joined a national TMS clinical trial for the treatment of patients with treatment resistant depression.

TMS involves stimulation of an area of your brain using a pulsing magnet placed on your scalp. The magnet is designed to give a focused beam of magnetic energy. TMS works by changing brain electrical activity and the brain chemicals that are involved in controlling mood.

What is Transcranial Magnetic Stimulation (TMS) Used For?

TMS is used to treat Depression. The aim of TMS treatment is to lift your mood. With an improvement in mood there is often an associated improvement in sleep, appetite, energy and concentration and a decrease in negative thoughts. TMS is an acute treatment for depression and you will require ongoing suitable treatment from your Psychiatrist to maintain remission.

As with all treatments in medicine, there is no guarantee of success with TMS.

Who can have Transcranial Magnetic Stimulation?

To receive TMS you will require a referral to the Pine Rivers Private Hospital TMS Unit by your Psychiatrist. TMS is available in a clinical trial setting for patients with depression

and a history of poor response to, or an inability to tolerate the side effects of, antidepressant medications. It is also available to those patients who have had a previous good response to TMS at this or other facilities providing TMS.

As TMS involves magnetic energy, there are some people who are unable to have TMS. Exclusions to TMS include:

- *Cardiac Pacemakers/Defibrillators*
- *Previous head/brain surgery*
- *Cochlear Implants*
- *Brain Aneurysm Clips*
- *Previous seizures/fits/epilepsy*
- *Pregnancy*
- *Neurostimulator/Biostimulator*
- *Significant neurological disorder*
(MS, Cerebral Lupus, Brain Tumour etc)

People with dental fillings/braces are able to receive TMS. You will be asked to complete and sign a Safety Checklist prior to receiving TMS.

What Side Effects May Occur With Transcranial Magnetic Stimulation?

Some patients have localised discomfort over the site of magnetic stimulation due to the effect of the pulsing magnet. During the treatment the pulsing magnet produces a "tapping" sensation on the skin. The discomfort usually settles with time or with simple analgesia (Panadol). Disposable earplugs will be made available for those concerned by the noise.

What happens whilst you are having Transcranial Magnetic Stimulation?

During the treatment you are seated in a comfortable chair. You are fully conscious and responsive. There are no medications involved in the treatment. The TMS operator rests the magnet over the appropriate area of the scalp and activates the magnet. During the 45-60 minutes it takes to complete each day's treatment, you may talk with the operator, rest or meditate as you see fit.

You will need to remove any metal hair clips. For ease of treatment it is preferable that you do not have gel, mousse or other products in your hair. Hearing aids and glasses are removed during the treatments.

FREQUENTLY ASKED QUESTIONS

Is TMS the same as ECT?

No, TMS is not Electroconvulsive Therapy (ECT). ECT is a treatment for depression and involves the use of electricity to produce a seizure. An anaesthetic is required for ECT. TMS does not use an anaesthetic and does not involve producing a seizure.

Will TMS affect my memory?

TMS does not lead to memory difficulties. You may notice an improvement in your memory as your mood improves.

Will TMS affect my hair or scalp?

TMS does not damage your scalp or hair.