



TMS

Transcranial Magnetic Stimulation
FOR DEPRESSION, ANXIETY & OCD

AwareHub is a unique mental health practice, pioneered by Dr Lisa Myers, an established and recognised psychiatrist.

At AwareHub, the focus is on immediate improvements and longer-term personal growth, greater emotional awareness and resilience.

AwareHub seeks to move beyond conventional services and provides a safe and comfortable environment in which to manage mental health.

Contact us today for a free 15 minute consultation to discuss how TMS can benefit you!

 1300 029 273

 reception@awarehub.com.au

 awarehub.com.au

 Suite 703/1 Newland Street, Bondi Junction 2022





Why AwareHub TMS?

Transcranial Magnetic Stimulation (TMS) has the Australian Therapeutic Goods Administration's (TGA) approval as a treatment for resistant depression and obsessive-compulsive disorder (OCD). TMS has also demonstrated efficacy in treating anxiety, PTSD, migraines, substance disorders, chronic pain, nerve pain, dementia and symptoms of autism spectrum disorder (ASD).

TMS is an excellent option if medication has not been effective or well tolerated due to side effects. TMS is most effective when combined with a healthy lifestyle. TMS demonstrates a 70% response rate in depression treatment. It is a cost-effective and revolutionary treatment that improves brain functioning and connectivity and stimulates neuroplasticity.

Quick facts about TMS

- **Safe**
- **Convenient**
- **Less side effects than most medications**
- **No personality changes or cognitive side effects**
- **Fast**
- **Cost-effective**
- **TGA approved**
- **Medicare funded (conditions apply)**
- **Wide spread use and efficacy**
- **Observed benefits in chronic pain, tinnitus, substance use, cerebral palsy, dementia, PTSD, ADHD, ASD**

Is TMS is right for me?

Transcranial Magnetic Stimulation (TMS) is an exciting and revolutionary approach to treating psychiatric and neurological conditions without medication. TMS has a faster onset of action and a very low side effect profile compared to most medications. A typical course of TMS for depression includes 35 treatments. TMS is indicated where medications have failed, are only minimally effective or have caused unwanted side effects. TMS alters 'faulty' brain connections and activity, helping the brain to function better again.



How does TMS Work?

The principle behind TMS is that magnetic pulses focused on a specific brain region can be used to stimulate or inhibit brain cells. TMS applied at high frequency stimulates brain activity. TMS applied at low frequency reduces brain activity. By targeting abnormal activity (too high or too low) in certain brain regions associated with psychiatric and neurological conditions, TMS can be used to restore healthy levels of brain function.

TMS also stimulates neuroplasticity which means it creates new nerve pathways and improves the functioning and connectivity of existing neurons and brain areas. TMS modifies and rebalances activity in the brain networks that have become altered causing presenting symptoms.

Major depressive disorder is the most common condition treated with TMS. Activity in the left frontal area of the brain, in a region called the dorsolateral prefrontal cortex, is reduced in patients with depression. High frequency TMS aimed at the left prefrontal cortex is used to return normal activity to that part of the brain and thereby eliminate or reduce the symptoms of depression.

The safety and efficacy of TMS for treating depression has been established in several well controlled research studies including a study sponsored by the National Institute of Mental Health. Since 2008 over 20,000 patients have undergone TMS treatment. There are over 30 studies demonstrating the efficacy of TMS as treatment for depression in adults.

FAQ

AWARE HUB
DR LISA MYERS

How does TMS work for OCD?

TMS treatment for OCD utilises a low frequency stimulation to directly reduce activity in the area of the brain responsible for OCD symptoms. Response rates for OCD using TMS treatments are approximately 66%. TMS treatment for OCD uses a specialised coil known as a Double Cone Coil that has the ability to target deeper brain structures, such as those implicated in OCD neuropathology.



Is TMS safe for pregnancy?

Major depressive disorder (MDD) during pregnancy is a major concern. It is estimated that 13% of women suffer from depression during pregnancy. Pregnant females with MDD are less likely to seek prenatal care and are at higher risk of pregnancy-related complications (preterm birth, lower birth weight, and pre-eclampsia). The resulting maternal depression is known to have long-term impacts on maternal-infant bonding and child development.

Conclusions from reviews of the current literature indicated that both high- and low-frequency TMS can be used during all trimesters of pregnancy with a significant response in depressive symptom reduction. TMS offers a promising alternative to current treatment options for managing MDD during pregnancy, and no evidence suggests detrimental effects on the foetus. Certainty awaits large, standardised studies and long-term multi-centre trials.

What is peripheral TMS?

This is an advanced, novel treatment for the management of pain conditions by stimulating the target area with magnetic pulses. Peripheral TMS is a short and rapidly effective treatment to alleviate pain, by encouraging the body to promote natural healing. It can be used for a number of conditions, including

neuropathic pain, musculoskeletal and spinal disorders: Cervical pain, frozen shoulder, chronic back pain, sciatica, spondylitis, sport injuries, rheumatoid/degenerative arthritis.

How is TMS different to ECT?

Electro-convulsive therapy (ECT) entails electrically induced seizures given under an anaesthetic in hospital. However, TMS therapy is conducted in the clinic and it stimulates brain regions using brief magnetic pulses at an amplitude similar to that used in MRI systems. ECT may cause severe side effects, including memory loss, while TMS has no negative effects on memory, and is generally well-tolerated.

Is TMS different to medications?

Yes. TMS is a drug-free treatment that has less side effects than antidepressants. TMS is often effective when medications have failed. TMS can be stopped at any time with no withdrawal symptoms.

How will I know TMS is working?

Your presenting symptoms will start to improve and others might remark that you appear better. Your scores on standardised questionnaires of mood and anxiety will also demonstrate an improvement.

Quick facts about the procedure

- **TMS causes minimal discomfort.**
- **You remain awake and alert through the procedure.**
- **You can read, rest and relax or talk to the clinician throughout your treatment.**
- **You can resume activities directly following the treatment.**
- **During the treatment you will hear a clicking noise and feel a tapping sensation on your scalp.**
- **A clinician will always be with you.**
- **You can stop the treatment at any time.**

FAQ

AWARE HUB
DR LISA MYERS

Does TMS have side effects?

- Clients can resume normal daily activities immediately following a treatment session.
- The most common side effect is a mild headache and scalp discomfort in the area of the treatment site. This typically occurs only in the first week of treatment. Any pain symptoms are generally relieved with a mild analgesic e.g. Panadol.
- There is an exceptionally rare risk of a seizure. The risk of a seizure is in fact comparable to that of antidepressant medications.
- No long-term side effects have been identified.
- TMS does not cause memory loss or personality changes.
- TMS has fewer side effects than antidepressants.

Do I still need my medication?

Yes, unless advised otherwise, you should remain on your medication for the duration of the treatment. Medication is helpful to prevent relapse following the tapering and cessation of TMS. There are instances where medication can be reduced and ceased whilst undergoing TMS. Medications can also be switched whilst undergoing TMS and new options of treatment can be trialed. Any stopping of medication or changes to your current treatment needs to be done in consultation with your treating doctor.

Do I need to consult my doctor?

Yes, your psychiatrist and/or GP remain responsible for your care. Our team will be responsible for administering and overseeing your TMS treatment. We will provide your doctor with regular written updates regarding your treatment. Your treating doctor remains your primary contact person, but you should always raise any concerns regarding your TMS treatment with one of our team members.

A few helpful reminders

1. **Avoid alcohol the night before your treatment.**
2. **Avoid caffeine prior to your treatment. You may have caffeine directly following treatment.**
3. **Arrive 10 minutes prior to your treatment to allow time to complete your questionnaires.**



FEES & REBATES

MEDICARE REBATES MAY APPLY

The initial TMS session with the psychiatrist that includes determining your individual treatment plan costs \$300. Further TMS treatments cost \$205.

Clients who are eligible for a Medicare rebate, will receive \$167.65 for the initial session and \$143.90 per session thereafter.

Medicare rebates apply to clients over 18 years, who have not previously had TMS, and have tried at least two different antidepressants with minimal or no benefits.

Clients who have reached the **Medicare Safety Net** would be eligible for additional Medicare rebates. (Please enquire with Medicare regarding your current status). **Treatment fees could be reduced to \$12.22 out of pocket per session.**

Any additional appointments with one of our psychiatrists, psychologists or GP will be billed at the standard practice rates for the appropriate consultation. Please contact reception for further details.

Clients who are under 18 years and not eligible for Medicare rebates can have privately-funded TMS treatment. Please enquire with your private health fund for any rebates.

DVA and Work Cover fund the full cost of TMS treatment.

AwareHub is a registered NDIS provider.

*Fees & rebates subject to change.



TMS

TREATMENT EXPLAINED



Dr Lisa Myers

Sending a referral form

Your GP or psychiatrist would need to send us a referral. Please ask your doctor to address the referral to AwareHub TMS and request TMS treatment for your presenting condition e.g. depression, OCD, anxiety.

Initial contact

A friendly team member will contact you within 48 hours of receiving your referral to arrange an appointment for your treatment. If it is considered necessary, we might suggest booking an initial assessment appointment prior to your treatment to clarify your suitability for TMS and discuss the most appropriate treatment protocol.

Resting motor threshold (with psychiatrist)

At the first appointment our psychiatrist will explain the TMS treatment and assess your pre-treatment condition. You will be asked to complete standardised questionnaires to determine the extent of your pre-treatment symptoms. These will be completed at regular intervals to gauge your progress. The psychiatrist will discuss the most suitable protocol for your individual presentation and availability to attend the clinic. We will also do a few basic measurements to determine the placement of the TMS coil and the correct dose of your treatment. The first appointment is typically 30-45 minutes.

Acute treatment (phase 1)

In this phase you will undergo 3-5 treatment sessions per week for approximately 4 weeks (20 sessions). Your progress is carefully monitored by our registered nurse and psychiatrist. You will also complete standardised mood and anxiety questionnaires following sessions 12 and 22 to evaluate your progress. We will provide regular written updates regarding your treatment to your referring doctor.

Acute treatment (phase 2)

After the first phase of treatment, changes in your mood should be noticeable. If TMS is effective, treatment will continue, but the frequency of weekly treatments might decrease. You will be assessed at regular intervals by our psychiatrist. A typical course of TMS treatment for depression, anxiety and OCD includes 35 sessions.

Maintenance

As part of your relapse prevention plan, TMS is tapered down and not ceased abruptly. TMS is generally reduced to a once weekly or fortnightly session. Treatment may cease or you might prefer to continue with maintenance TMS. We work collaboratively to ensure that you are comfortable with any decisions regarding your care.

Session Duration

The length of a treatment varies and dependent on your presentation and the selected treatment protocol. A treatment ranges from less than one minute to 19 minutes.



AWARE HUB
DR LISA MYERS

Contact us today for a free 15 minute consultation to discuss how TMS can benefit you!

-  1300 029 273
-  awarehub.com.au
-  reception@awarehub.com.au

Disclaimer: Material provided for general information only. Always obtain the relevant professional or specialist advice before taking, or refraining from, any action based on the information herein. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider. Although we make every effort to compile accurate information we make no representations, warranties or guarantees, whether express or implied. *Prices and rebates subject to change.