



Announcing Eastside TMS and Wellness Center is now providing Neurostar TMS Therapy.

A proven and safe non-medication depression treatment now available for difficult to treat patients.

Dear Colleague,

Major Depression is a serious illness that affects over 14 million Americans. While antidepressant medication can be helpful in managing its symptoms, clinical literature suggests that an estimated 4 million patients do not benefit from standard antidepressant medications, mostly due to inadequate response or intolerance to side effects.¹ Patients with depression who are not receiving benefit from their current antidepressant medication need a novel treatment approach to achieve remission.

As Providers focused on effectively treating this patient population, we are writing to inform you of, and introduce you to a new tool in our depression treatment armamentarium - **NeuroStar® TMS (Transcranial Magnetic Stimulation) Therapy**. This non-drug treatment is FDA-cleared for the treatment of depression in patients who have not benefited from initial antidepressant medication.* **Eastside TMS and Wellness center** is pleased to be among the first in our area to offer this proven and safe treatment.

NeuroStar TMS Therapy® works by delivering highly focused MRI-strength magnetic pulses to non-invasively stimulate the left prefrontal cortex of the brain, an area thought to be associated with mood. Patients receive daily outpatient care in our office for 4-6 weeks. Each treatment lasts approximately 37 minutes with patients awake and alert and able to resume normal activities immediately after treatment.

NeuroStar TMS Therapy is backed by the largest clinical data set of any TMS Therapy device in the treatment of depression.

Proven Efficacy through a Clinical Data Set Encompassing 6 Studies with 800 Patients^{2,3,4,7,8,9}

- Consistent response and remission rates in a *difficult to treat patient population* across multiple studies**
 - **1 in 2 patients respond**
 - **1 in 3 patients remit (complete resolution of symptoms)**

Established Safety Profile and Treatment Adherence

- **Less than 5% discontinuation rate due to adverse events⁵**
- Most common adverse event related to TMS is pain or discomfort at or near the treatment site during active TMS
- NeuroStar TMS Therapy avoids many of the systemic side effects typically associated with antidepressant medications⁶
- There is a rare risk of seizure with TMS (0.1% per patients)

This proven and safe treatment option may be right for your patients struggling with depression. We would enjoy the opportunity to discuss the ideal NeuroStar TMS Therapy candidate with you.

Please contact our office directly at:

Office Number: (425) 919-6826 Office Email: office@eastsidetmswellness.com.

Bibliography

*NeuroStar TMS Therapy[®] is indicated for the treatment of Major Depressive Disorder in adult patients who have failed to achieve satisfactory improvement from one prior antidepressant medication at or above the minimal effective dose and duration in the current episode.

**In a controlled trial comparing treatment with an active NeuroStar TMS device to an inactive device, patients received an average reduction in their depression symptom score of 22.1% compared to a 9% average reduction in patients receiving inactive treatment³

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- 3) Demitrack MA, Thase ME (2009). Clinical Significance of Transcranial Magnetic Stimulation (TMS) in the Treatment of Pharmacoresistant Depression: Synthesis of Recent Data. *Psychopharmacol Bull* 42(2):5-38.
- 4) Carpenter LL, et al. (2012). Transcranial Magnetic Stimulation (TMS) for Major Depression: A Multisite, Naturalistic, Observational Study of Acute Treatment Outcomes in Clinical Practice. *Depress Anxiety* 29(7):587-596.
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- 9) McDonald WM, et al. (2011). Improving the Antidepressant Efficacy of Transcranial Magnetic Stimulation: Maximizing the Number of Stimulations and Treatment Location in Treatment-Resistant Depression. *Depress Anxiety* 28(11):973-980.