



**CLM** Center for Life Management™

603.434.1577

10 Tsienneto Road

Derry, NH 03038

[www.centerforlifemanagement.org](http://www.centerforlifemanagement.org)

*Signs of depression include:*

- Lack of interest in or pleasure from activities typically enjoyed
- Difficulty thinking or concentrating
- Feelings of worthlessness, hopelessness, helplessness, or guilt
- Changes in sleep habits and/or energy levels
- Significant weight gain or loss

The exact cause of depression is not known. Leading scientific theory is that depression is caused by an imbalance of the brain's neurotransmitters, chemical messengers that send signals between brain cells. While antidepressant medications may be effective for many patients, they do not work for everybody.



## Transcranial Magnetic Stimulation (TMS) Therapy

*New Hope for Patients with Depression*

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## What is NeuroStar® TMS Therapy?

Transcranial Magnetic Stimulation (TMS) Therapy is a breakthrough non-drug treatment for major depression. TMS Therapy is safe and proven-effective for patients including those who have not responded to treatment with antidepressant medications. TMS Therapy is giving new hope for people with depression and is now available at the Center for Life Management (CLM).

## How does NeuroStar TMS Therapy work?

TMS Therapy is done on an outpatient basis by prescription only and under the supervision of a psychiatrist. During treatment, the patient is awake and seated in a comfortable chair, much like a dentist's chair. A device about the size of a cupped hand rests lightly on the head and delivers a series of targeted magnetic

pulses that stimulate the part of the brain involved with regulation of mood. The magnetic field pulses are the same strength as those used in magnetic resonance imaging (MRI) machines.



*"My depressive episodes began as a child and I've had them all my life. I began TMS therapy and people noticed a change in me before I did. I was able to enjoy my life."* - TMS Patient

Treatment is typically administered Monday-Friday for four to six weeks. Patients are awake and alert during treatments lasting approximately 40 minutes and able to return to their daily routine immediately afterwards.

## What are the side effects?

TMS Therapy is a non-drug treatment and has none of the systemic side effects commonly associated with antidepressant medication. TMS Therapy is generally well tolerated by patients with minimal side effects, the most common being mild scalp discomfort.

NeuroStar TMS Therapy is the only FDA-approved device and TMS therapy has been proven safe and effective over 20 years of research in the treatment of depression.

## Is TMS Therapy covered by insurance?

As with many new technologies, many insurance companies are in the process of establishing policy regarding TMS Therapy and are evaluating treatment on a case-by-case basis.

TMS patients also have access to the *NeuroStar Care Connection*, a reimbursement program that may assist in pursuing proper reimbursement support and financing options. This service is provided at no charge and CLM can assist with the necessary documentation required. For further information, please call 603.434.1577



*"My life has changed since receiving TMS Therapy. I don't need meds any more, so I'm not dealing with side effects."* - TMS Patient



## What is the Cost of Depression?

Depression is a serious medical illness, not a personal weakness. Depression affects more than 20 million American adults every year and results in a persistent state of sadness that may interfere with an individual's thoughts, behavior, mood and physical health.

The real cost of depression is the toll it takes on quality of life. It is a leading cause of disability and can have a negative impact on all aspects of a person's life including family and personal relationships, employment, physical health, enjoyment of activities and hobbies, finances and life goals.



*"My depression has been mild, but chronic, negatively impacting all areas of my life. Since receiving TMS Therapy, I am able to enjoy life."* - TMS Patient

**TMS Therapy is a safe, proven-effective, non-drug approach to the treatment of depression. If you think TMS Therapy might be right for you, contact CLM'S TMS Program and find out more, call 603.434.1577.**