



TMS (Transcranial Magnetic Stimulation)

Your provider has determined that TMS is the most effective treatment for you.

- TMS is more effective than medication by itself. We find **50% of people who complete our TMS program reach full remission**, compared to less than 1% who continue with medication alone. *Star D* NIH findings*
- **TMS provides symptom relief in over 90% of people.** We have treated over 1,000 people with TMS, including over 35,000 individual sessions, making our clinic one of the top experts in the world.
- **TMS is safer than medications with less severe common side effects.** Expected side effects may include headaches shortly after treatment, discomfort during treatment, activation of muscles during treatment, and lightheadedness. You are conscious during treatment, and after treatment you may return to work or other activities.
- **Our TMS program recommends starting with between 30-60 treatment sessions.** After your initial treatment, you and your provider will determine if continued treatment would be beneficial.

If you decide to move forward with a treatment other than TMS, bear in mind you are requesting to move forward with treatment that is proven to be less efficacious and less likely to provide the outcomes you want to achieve.

