



## Frequently Asked Questions

### Is TMS like electroconvulsive therapy (ECT)?

While both treatments are effective for depression, ECT and TMS are very different procedures. ECT introduces electricity into the brain to trigger a brief seizure. TMS uses electromagnetic waves to stimulate specific areas of the brain involved in mood regulation through normal physiological reactions.

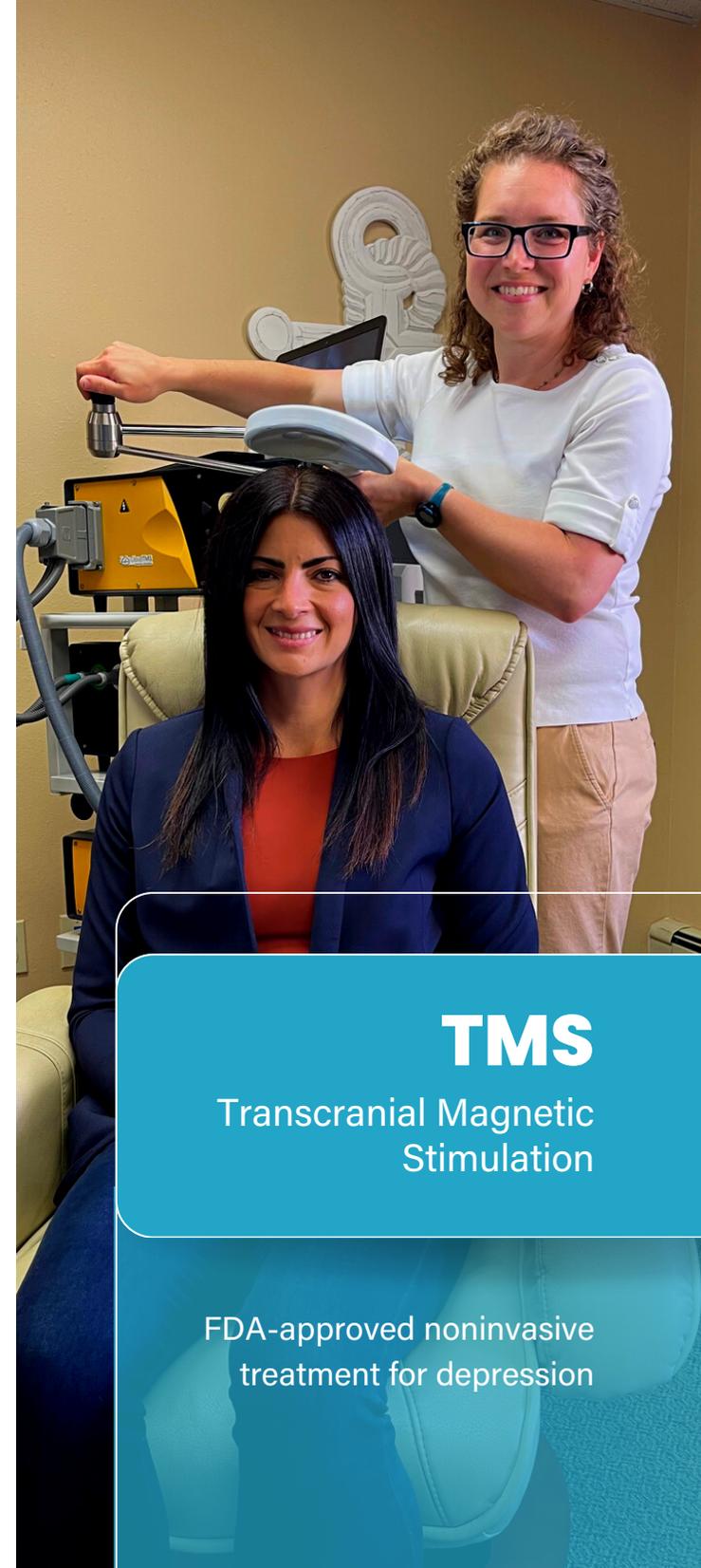
Unlike ECT, TMS does not require anesthesia and does not cause memory and concentration problems.

### Is TMS covered by insurance?

Insurance covers TMS with certain qualifications. ABBC works with most major insurers. We recommend that patients verify their coverage with their insurance company prior to treatment.

### How long does it take TMS to start working?

Many patients will feel a lift in mood in as little as 6 weeks.



## TMS

Transcranial Magnetic Stimulation

FDA-approved noninvasive treatment for depression



**MANLOVE**  
BRAIN + BODY HEALTH

## Schedule an appointment

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# What Is TMS

Transcranial Magnetic Stimulation (TMS) has been FDA-approved since 2008 as an alternative treatment for depression. It can also help people with PTSD, panic attacks, suicidal thoughts, social anxiety disorder, seasonal affective disorder, and other mental illnesses.

This noninvasive, outpatient procedure uses repetitive pulsed magnetic fields similar to those in an MRI (magnetic resonance imaging).

## 75% Response Rate

among patients who have not improved with antidepressant medications



TMS was miraculous for me. And, I do know a couple other people who've tried it and they had the same type of results with no relapse.

- Shawn, TMS patient

# How TMS Works

Using electromagnetic waves, a TMS machine sends pulses 2-3 centimeters into the brain to stimulate the executive functioning center. In patients with depression, we often see a decrease in brain activity in this region called the dorsolateral prefrontal cortex. TMS can directly target these areas of the brain to restimulate activity between neurons, regrow areas that have atrophied, and provide patients with a sustained lift in mood.



# What to Expect

TMS patients receive treatments 5 days a week for 6 weeks, followed by a tapered number of treatments for another 3 weeks. Each treatment session is roughly 15-30 minutes.

At your first session, you will sit in a comfortable chair and a TMS technician will gently place a plastic coil on your head. This coil will generate repetitive magnetic pulses. During the procedure, you will hear clicking sounds and feel a light tapping sensation on your forehead.

# Advantages

- Safe and effective
- Noninvasive procedure
- Great for patients who are pregnant, nursing, or who are taking other medications
- Improves memory, focus, attention, and learning
- No sedation is required, so you may resume normal activities immediately following treatment

# Side Effects

Side effects are typically mild to moderate and dissipate rapidly after treatment. Possible side effects include:

- Scalp discomfort
- Headaches
- Seizures (extremely rare)