



TMS Therapy

What is TMS therapy?

Transcranial Magnetic Stimulation (TMS) Therapy is a safe and effective treatment that uses MRI strength pulses to treat the cause of mood disorders like depression. Unlike medication, which only treats symptoms, TMS Therapy targets the neurological problem: disconnected neural networks in the brain.

During outpatient, non-invasive sessions, TMS treatments encourage positive brain activity to reconnect these networks, helping to create long-term relief from depression and often other mood disorders.

How does TMS therapy work?

To directly target the cause of depression, we strengthen the salience network, which regulates your thoughts, behaviors, and emotions.

This network's deficiency – or lack of communication between your neurotransmitters – often results in depression symptoms, as well as symptoms of other mood disorders.



BENEFITS OF TMS THERAPY

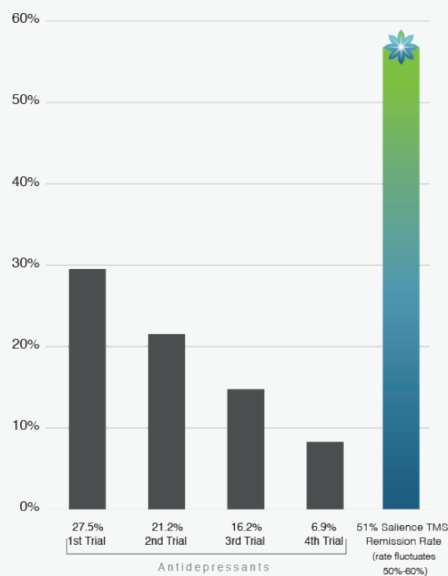
- ✓ Patients often experience other benefits, such as the ability to focus, restful sleep, mild improvements in cognition and memory.
- ✓ There are no restrictions on driving to and from treatment.
- ✓ Resume normal activities immediately. Average treatment visits are in less than 30 minutes. That's less time than your average cardio or yoga class.
- ✓ You can combine multiple treatment approaches, like therapy, nutrition, and/or medication with TMS Therapy.

Safe and Effective

TMS Therapy safely uses MRI strength pulses to increase communication and connectivity to improve neural activity within the salience network.

By restoring this network, or improving communication between your neurotransmitters, people experience improvement with their depression and often symptoms associated with anxiety, PTSD, sleep, attention, and cognition.

TMS is FDA approved since 2008 for treatment-resistant depression, providing a more effective treatment option for patients with complex health problems. It is covered by most insurance carriers for the treatment of Major Depressive Disorder.



Within seven weeks of rTMS treatment, approximately 75% of our patients experience greater than 50% improvement with their depressive symptoms.

Since 2011, approximately 50-60% of our patients have reported reaching remission within seven weeks.

Salience is a leading expert in TMS Therapy. Since 2011, Our highly trained treatment team has performed over 400,000 treatments to date.

STEPS TO TMS THERAPY

STEP 01

TMS Education

Your Salience Health Provider may have indicated that you learn about TMS Therapy as a potential candidate to benefits from TMS, and how it works to ensure you are well informed of all treatment options that are available for you. This TMS education is 3-5 minutes long with a Salience Health Care Navigator and usually just covers how TMS works clinically.

STEP 02

TMS Consultation

A TMS consultation is when your Salience Health provider has indicated that you're a candidate to start TMS Therapy as it is clinically the best treatment option for you. We coordinate and provide a TMS consultation (15-45 min) with a Salience Health Care Navigator. These consultations can be done virtually, and you are welcome to invite a support person like a friend or family member to join. The Care Navigator will answer all of your questions and if you choose to proceed, will collect the necessary information so that they can submit to your insurance carrier for possible approval.

STEP 03

Insurance Coverage Determined

Once your insurance coverage is determined for TMS, your Care Navigator will provide your estimated out-of-pocket cost (if any) and schedule a date for you to start TMS Therapy with your provider to determine prescription.



STEP 04

First Day of Treatment

The first day will take longer than most as this is the day that your Salience Health provider will determine the treatment prescription appropriate for you. TMS therapy is not a one size fits all treatment, the dose and location of your TMS Treatment is unique to you and will be determined by a simple process that will be navigated through reflex testing and measurements based on your anatomy. After your prescription is determined, you will have your first treatment with the provider and team. If needed, they will make any adjustments necessary for you to achieve success in TMS.

STEP 05

Treatment Guide

You will also receive your TMS Therapy Treatment Guide on your first day which will provide you with additional information on your TMS treatment as well as Nutrition, Exercise, Sleep and Therapy information that can help you achieve the most benefit from your TMS Therapy course of treatment. In addition, you will meet your treatment team and work with them to set your treatment schedule.

STEP 06

TMS Therapy Treatment Course

Each day for treatment, your Treatment Coordinator will replicate your Doctors' Prescription. Each treatment session lasts roughly 10-20 minutes, depending on your prescription. During sessions, you'll recline in a comfortable chair with a small magnetic coil resting on your head. Your Treatment Coordinator will be talking to you and asking questions regarding your progress on your TMS comprehensive care plan. Your Treatment Coordinator will provide regular updates to your Salience Health provider and any other provider you would like us to include in your care. There's little to no downtime, and you can drive yourself to and from treatments.

STEP 07

Adjustments during Treatment Course

Your Salience Health provider may indicate that your treatment settings or location needs to be modified to improve response and will work with your Treatment Coordinator if changes are necessary. The number of TMS therapy treatments required to reach remission can vary for each patient. Depending on a variety of factors specific to your care needs, patients may need more or less than the initial 36 treatments to achieve remission.

STEP 08

Complete Treatment Course

At the end of your treatment course you will be given an additional packet of information to help maintain your success from treatment, as well help you monitor any symptoms that indicate that your depression may be returning. You may continue to see your Salience Health Provider as indicated.

