



TMS FACT SHEET

WHAT IS TMS THERAPY?

TMS stands for transcranial magnetic stimulation, a treatment for depression. TMS is **not to be confused** with ECT (Electroconvulsive therapy). TMS uses a different approach that is FDA-approved, non-invasive, and has few side effects. It uses pulses of magnetic energy to stimulate specific areas of the brain and improve its function. Patients are awake and able to drive to and from treatments that are done in the office. The typical course of treatment is about 50 minutes daily, 5 days a week, over 6-7 weeks.

HOW DOES TMS THERAPY WORK?

TMS Therapy uses short pulses of magnetic energy to stimulate the area of the brain that research has demonstrated to be associated with depression. The stimulation results in changes that improve the function of brain networks and provide relief of symptoms.

IS TMS COVERED BY MY INSURANCE?

TMS is now covered by most major insurances. We are in-network with BCBS PPO, Cigna, Aetna, and Humana. We are out-of-network with Medicare. Though we are considered out-of-network for United Health Care and Tricare, in our experience patients have received in-network coverage. The VA will cover treatment with TMS if the patient has a referral. Any patient referred by the VA can have their insurance contact us directly. For more questions regarding this please do not hesitate to call.

HOW LONG DOES THE ANTI-DEPRESSANT EFFECT LAST? WILL I NEED ANY THERAPY BEYOND THE FIRST TREATMENT REGIMEN?

In a clinical trial, 2 out of 3 patients who had either responded to TMS Therapy or completely remitted their depression symptoms reported 12 months later that they remained at the level they were at the end of the trial. Additionally, after the trial, only 1 in 3 patients needed to return for 'maintenance' TMS sessions.

CALL US TODAY! 210-404-9696

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