

**NEWS ALERT**

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## **Upstate residents now have access to a proven non-drug treatment for depression**

### ***NeuroStar TMS Therapy® is now available at AnMed Health***

(Anderson, S.C. – Jan. 18, 2012) – In January, AnMed Health became the first facility in the Upstate to offer NeuroStar TMS Therapy. This non-invasive, non-drug therapy is approved by the U.S. Food and Drug Administration (FDA) for the treatment of adults with major depressive disorder.

NeuroStar TMS Therapy uses magnetic waves to stimulate the brain. Treatment is available by prescription only and is delivered under the supervision of a psychiatrist. Therapy sessions last about 37 minutes. During this time, patients are wide-awake in a comfortable chair. A small curved device, about the size of a cupped hand, rests on the patient's head, delivering focused magnetic stimulation directly to the area of the brain thought to be involved with regulating mood. These magnetic field pulses are the same strength as those used in MRI (magnetic resonance imaging) machines. In most cases, the treatment is repeated daily for four to six weeks.

“We are excited to be providing NeuroStar TMS Therapy and to be a part of this major step forward in psychiatry,” said Dr. Fahd Zarrouf, medical director for AnMed Health TMS Center of the Upstate. “Many patients with this debilitating disease do not benefit from antidepressant medications. Now, we have another treatment option— the first and only non-systemic and non-invasive treatment for depression.”

In studies, more than 10,000 active TMS treatments were safely performed with no reported systemic side effects commonly associated with antidepressant medications<sup>1</sup>. The most common side effect associated with TMS Therapy is scalp pain or discomfort, generally mild to moderate.

In a study most like real world clinical practice, where all patients received active treatment, approximately half of the patients treated with NeuroStar TMS Therapy experienced significant improvement in their depression symptoms. About a third of the patients treated with NeuroStar TMS Therapy experienced complete symptom relief at the end of six weeks.

“Studies show that treatment with NeuroStar TMS Therapy is safe and effective in patients who did not respond to prior antidepressant therapy,” Dr. Zarrouf said. “In clinical trials, patients suffering with depression experienced a significant improvement in symptoms without side effects that are common with antidepressant medications.”

TMS Therapy is available at AnMed Health TMS Center of the Upstate. The practice is located in the Oglesby Center at 2000 East Greenville Street, Suite 1200. To make an appointment, call (864) 512-4935.

### **About Depression**

Depression affects at least 14 million American adults each year.<sup>2</sup> In 2000, the economic burden of depression was estimated at \$83.1 billion in the United States<sup>3</sup> and researchers estimate that by 2020, depression will be the second leading cause of disability worldwide.<sup>4</sup> Depression can be a lethal disease. Each year in the United States, more than 30,000 people die by suicide, 60 percent of who suffer from depression.<sup>2</sup> Overall women are almost twice as likely as men to suffer from depression. However, some experts feel that depression in men is under-reported.<sup>4</sup> Depression has no racial, ethnic, or socioeconomic boundaries.

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4. Murray CJ, Lopez AD. Evidence-based health policy – lessons from the Global Burden of Disease Study. *Science*. 1996; 274 (5288): 740-743.
5. Heron, Melonie, et al. Deaths: Final Data for 2006. *National Vital Statistics Reports*, 57 (14). April 17, 2009.