

WHAT IS TMS?

Transcranial Magnetic Stimulation (TMS) is a non-medication treatment option for depression. Targeted magnetic pulses are delivered to the brain's prefrontal cortex, which regulates mood. Patients are awake during treatment, no anesthesia or sedation is involved, and normal activities can be resumed immediately afterwards. The therapy is delivered via a small MRI-strength magnet applied to the top of the head while the patient sits in a reclined chair, and experiences a tapping sensation at the treatment site. TMS is delivered in approximately 36 treatment sessions of about 20 minutes each, over the course of 6-8 weeks.

HOW DOES IT WORK?

Brain activity is reduced in depression (see inset). The stimulation from TMS helps activate the natural function of the brain's neurotransmitters using a non-invasive magnetic field. TMS is believed to also strengthen existing connections between brain regions. For some people this results in a complete clearing of depressive symptoms. For others, it is a more subtle change: they may find that their coping skills are now more accessible in a crisis, or that things like exercise and sunshine are now able to lift their mood in a way they couldn't before.

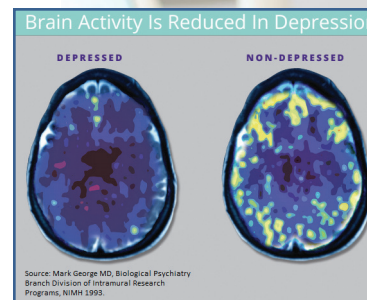
WHO IS IT FOR?

TMS is an option for anyone with depression. It is **FDA-approved** and **covered by most insurers**. We have seen a wide range of people benefit from TMS; from those with severe and chronic depression who have tried countless medications, to relatively treatment-naive patients who have found limited success or too many side effects after only 1-2 antidepressant medication trials.

DOES IT WORK?

YES! All of our patients had some improvement in symptoms, and none of our patients felt worse after completing treatment. According to data collected from 6/2019-8/2020, 77% of our patients have experienced a significant response in depression, and 46% of our patients have achieved remission from depression.

Compare this to data from the largest antidepressant medication study ever conducted: 27.5% of patients typically achieve remission from depression after one antidepressant medication trial, and only 6.9% of patients achieve remission by the time they get to a fourth medication trial¹.



THE PRACTICE

Dr. Amy Mednick believes deeply in the kind and compassionate delivery of psychiatric treatment. With her training in neuroscience at MIT and her medical training at Albert Einstein College of Medicine and Mount Sinai Beth Israel, she is highly qualified to understand the implications and applications of this unique treatment. With her experience in education and liberal arts, she also understands and values the humanistic side of medicine, and will always listen to you and be your advocate.

To enrich the healing environment she has hired a team of compassionate, highly qualified technicians to administer the treatments. She selected them for their natural abilities to support and calm you through the process. Our team has undergone specialized training and has delivered over 600 treatments (as of August 2020). Research has shown that TMS is more effective when you are in a positive state of mind during treatment. For this reason the quality of your treatment environment is extremely important to us and the team will discuss what works best for you, whether that is streaming your favorite TV show, listening to music, chatting with your technician, listening to guided meditations, or whatever puts you in a good frame of mind.



Dr. AMY
MEDNICK

www.dramymednick.com
staff@dramymednick.com
[@amymednickmd](https://www.instagram.com/amymednickmd)
tel. (347) 480-8608
fax. (866) 267-3419

TESTIMONIALS

How was your experience at this practice?

"I have never met a Psychiatrist and Team that were so very patient centered and also holistically minded. My treatment was always a collaborative effort. My comfort was of primary concern. I deeply appreciated all of it. Very sharp team."

"The staff was great at making me feel warm, welcome, and relaxed for each treatment."

Did TMS work for you?

"Yes! It feels like night and day."

"Initially, I didn't think so. However, with Dr. M's persistence we were able to make me more comfortable during the treatments and find the right spot. The Techs were also excellent. After the treatments, I was sleeping better and felt much less heavy and burdened with symptoms of depression and anxiety."

"You'll be able to notice the difference in your face because it will be easier to smile."

www.dramymednick.com

