



rTMS

Transcranial Magnetic Stimulation
FOR DEPRESSION, ANXIETY & OCD

AwareHub is a unique mental health practice, pioneered by Dr Lisa Myers, an established and recognised psychiatrist.

At AwareHub, the focus is on immediate improvements and longer-term personal growth, greater emotional awareness and resilience.

AwareHub seeks to move beyond conventional services and provides a safe and comfortable environment in which to manage mental health.

Contact us today for a free 15 minute consultation to discuss how rTMS can benefit you!

1300 029 273

[awarehub.com.au](https://www.awarehub.com.au)

reception@awarehub.com.au

Suite 703/1 Newland Street, Bondi Junction 2022

FAQ

AWARE HUB

DR LISA MYERS

What is rTMS?

Transcranial Magnetic Stimulation (TMS) is a mild form of brain stimulation. Magnetic fields, generated by a simple coil placed on the head, are used to stimulate a small area on the surface of the brain. In rTMS, pulses are given repeatedly for therapeutic effect. A session of rTMS typically takes anywhere from 3-20 minutes depending on the chosen treatment protocol and is given on consecutive weekdays for 4-6 weeks. While receiving stimulation, the client is awake and alert. rTMS is usually well tolerated with minimal side effects. There is no need for any anaesthetic or sedation and there are no adverse effects on memory and thinking ability.

Quick facts about rTMS

- **Non-invasive treatment**
- **Low side effect profile**
- **Treatment option where traditional methods have failed or are not tolerated**
- **Medicare rebates available (conditions apply)**

Is rTMS right for me?

The majority of evidence supports the use of rTMS in depression, but rTMS may be an option for other conditions, including obsessive compulsive disorder (OCD), chronic pain, neuropathic pain, post-traumatic stress disorder (PTSD), addictions and autism spectrum disorder (ASD).

rTMS is typically used when other treatments haven't been effective or if medications are not tolerated due to unwanted side effects.

Data on real-world effectiveness in the United States reported response rates of 58-83% for rTMS treatment of depression.

rTMS can be effective for treating depression and other conditions, but it is important to consult with a trained mental health professional to determine if rTMS is right for you. A typical acute course of rTMS for depression includes 35 treatments. Maintenance treatment is recommended where rTMS has been successful in reducing symptoms and to prevent relapse.



How does rTMS work?

The principle behind rTMS is that magnetic pulses focused on a specific brain region can be used to stimulate or inhibit brain cells. rTMS applied at high frequency stimulates brain activity. rTMS applied at low frequency reduces brain activity. By targeting abnormal activity (too high or too low) in certain brain regions associated with psychiatric and neurological conditions, rTMS can be used to restore healthy levels of brain function.

rTMS also stimulates neuroplasticity which means it creates new nerve pathways and improves the functioning and connectivity of existing neurons and brain areas. rTMS modifies and rebalances activity in the brain networks that have become altered causing presenting symptoms.

Major depressive disorder is the most common condition treated with rTMS. Activity in the left frontal area of the brain, in a region called the dorsolateral prefrontal cortex, is reduced in patients with depression. High frequency rTMS aimed at the left prefrontal cortex is used to return normal activity to that part of the brain and thereby eliminate or reduce the symptoms of depression.

The safety and efficacy of rTMS for treating depression has been established in several well controlled research studies including a study sponsored by the National Institute of Mental Health. Since 2008 over 20,000 patients have undergone rTMS treatment. There are over 30 studies demonstrating the efficacy of rTMS as treatment for depression in adults.

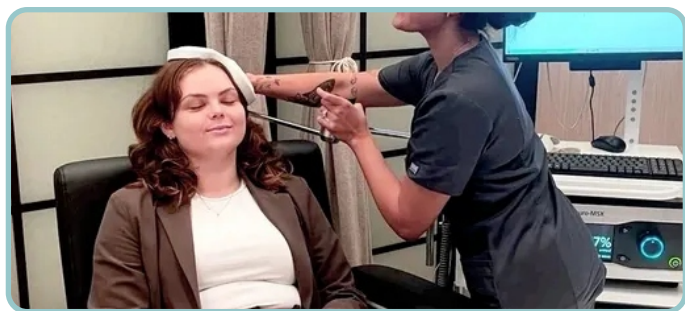
FAQ

AWARE HUB

DR LISA MYERS

How does rTMS work for OCD?

rTMS offers promising results for reducing OCD symptoms, particularly when the stimulation is targeted at specific brain regions involved in compulsive behaviours. OCD affects 2-3% of the Australian population. Many sufferers of OCD will not respond sufficiently to psychological therapy and medication and for these individuals, deep rTMS is a reasonable option. Deep rTMS is delivered with specific devices and approved coils, such as the double -cone coil used at AwareHub.



Is rTMS safe for pregnancy?

Major depressive disorder (MDD) during pregnancy is a significant concern. It is estimated that 13% of women suffer from depression during pregnancy. Pregnant females with MDD are less likely to seek prenatal care and are at higher risk of pregnancy-related complications (preterm birth, lower birth weight, and pre-eclampsia). The resulting maternal depression is known to have long-term impacts on maternal-infant bonding and child development.

Conclusions from reviews of the current literature indicated that both high-frequency and low-frequency rTMS can be used during all trimesters of pregnancy with a significant response in depressive symptom reduction. rTMS offers a promising alternative to current treatment options for managing MDD during pregnancy, and no evidence suggests detrimental effects on the foetus. Certainty awaits large, standardised studies and long-term multi-centre trials.

What is peripheral rTMS?

This is an advanced, novel treatment for the management of pain conditions by stimulating the target area with magnetic pulses. Peripheral rTMS is a short and rapidly effective treatment

to alleviate pain, by encouraging the body to promote natural healing. It can be used for a number of conditions, including neuropathic pain, musculoskeletal and spinal disorders: Cervical pain, frozen shoulder, chronic back pain, sciatica, spondylitis, sport injuries, rheumatoid/degenerative arthritis.

How is rTMS different to ECT?

Electro-convulsive therapy (ECT) entails electrically induced seizures given under an anaesthetic in hospital. However, rTMS therapy is conducted in the clinic and it stimulates brain regions using brief magnetic pulses at an amplitude similar to that used in MRI systems. ECT may cause severe side effects, including memory loss, while rTMS has no negative effects on memory, and is generally well-tolerated.

Is rTMS different to medications?

Yes. rTMS is a drug-free treatment that has less side effects than antidepressants. rTMS is often effective when medications have failed. rTMS can be stopped at any time with no withdrawal symptoms.

How will I know rTMS is working?

Your presenting symptoms will start to improve and others might remark that you appear better. Your scores on standardised questionnaires of mood and anxiety will also demonstrate an improvement.

Quick facts about the procedure

- **rTMS causes minimal discomfort.**
- **You remain awake and alert through the procedure.**
- **You can read, rest and relax or talk to the clinician throughout your treatment.**
- **You can resume activities directly following the treatment.**
- **During the treatment you will hear a clicking noise and feel a tapping sensation on your scalp.**
- **A clinician will always be with you.**
- **You can stop the treatment at any time.**

FAQ

AWARE HUB

DR LISA MYERS

Does rTMS have side effects?

- The majority of clients can resume normal daily activity immediately following a treatment session.
- The most common side effect is a mild headache and scalp discomfort in the area of the treatment site.
- There is an exceptionally rare risk of seizure. The risk of a seizure is increased in cases of alcohol use, head injury and sleep deprivation. The risk of seizure is comparable to that of many antidepressant medications.
- No long-term side effects have been identified.
- rTMS does not cause memory loss or personality changes.

Do I still need my medication?

Yes, unless advised otherwise, you should remain on your medication for the duration of the treatment. Medication is helpful to prevent relapse following the tapering and cessation of rTMS. There are instances where medication can be reduced and ceased whilst undergoing rTMS. Medications can also be switched whilst undergoing rTMS and new options of treatment can be trialed. Any stopping of medication or changes to your current treatment needs to be done in consultation with your treating doctor.

Do I need to consult my doctor?

Yes, your psychiatrist and/or GP remain responsible for your care. Our team will be responsible for administering and overseeing your rTMS treatment. We will provide your doctor with regular written updates regarding your treatment. Your treating doctor remains your primary contact person, but you should always raise any concerns regarding your rTMS treatment with one of our team members.

A few helpful reminders

1. **Avoid alcohol the night before your treatment.**
2. **Avoid caffeine prior to your treatment. You may have caffeine directly following treatment.**
3. **Arrive 10 minutes prior to your treatment to allow time to complete your questionnaires.**



FEES & REBATES

MEDICARE REBATES MAY APPLY

Contact us today to discuss the rTMS fee schedule.

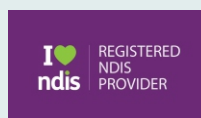
Medicare rebates apply to clients over 18 years, who have not previously had rTMS, and have tried at least two different antidepressants with minimal or no benefits.

Clients who have reached the **Medicare Safety Net** would be eligible for additional Medicare rebates. (Please enquire with Medicare regarding your current status).

Clients who are under 18 years and not eligible for Medicare rebates can have privately-funded rTMS treatment. Please enquire with your private health fund for any rebates.

When rTMS is indicated and deemed an appropriate treatment, DVA and Work Cover fund the full cost of TMS treatment.

AwareHub is a registered NDIS provider.



*Fees & rebates subject to change.

rTMS

TREATMENT EXPLAINED

AWARE HUB

DR LISA MYERS



Dr Lisa Myers

Sending a referral form

Your GP or psychiatrist would need to send us a referral. Please ask your doctor to address the referral to AwareHub TMS and request TMS treatment.

Initial contact

A friendly team member will contact you within 48 hours of receiving your referral to

arrange an appointment for your treatment. If it is considered necessary, we might suggest booking an initial assessment appointment prior to your treatment to clarify your suitability for rTMS and discuss the most appropriate treatment protocol.

Resting motor threshold (with psychiatrist)

At the first appointment our psychiatrist will explain the rTMS treatment and assess your pre-treatment condition. You will be asked to complete standardised questionnaires to determine the extent of your pre-treatment symptoms. These will be completed at regular intervals to gauge your progress. The psychiatrist will discuss the most suitable protocol for your individual presentation and availability to attend the clinic. We will also do a few basic measurements to determine the placement of the rTMS coil and the correct dose of your treatment. The first appointment is typically 30-45 minutes.

Acute treatment (phase 1)

In this phase you will undergo 3-5 treatment sessions per week for approximately 4 weeks (20 sessions). Your progress is carefully monitored by our registered nurse and psychiatrist. You will also complete standardised mood and anxiety questionnaires following sessions 12 and 22 to evaluate your progress. We will provide regular written updates regarding your treatment to your referring doctor.

Acute treatment (phase 2)

After the first phase of treatment, changes in your mood should be noticeable. If rTMS is effective, treatment will continue, but the frequency of weekly treatments might decrease. You will be assessed at regular intervals by our psychiatrist. A typical course of rTMS treatment includes 35 sessions.

Maintenance

As part of your relapse prevention plan, rTMS is tapered down and not ceased abruptly. rTMS is generally reduced to a once weekly or fortnightly session. Treatment may cease or you might prefer to continue with maintenance rTMS. We work collaboratively to ensure that you are comfortable with any decisions regarding your care.

Session duration

The length of a treatment varies and dependent on your presentation and the selected treatment protocol. A treatment ranges from 3 minutes to 19 minutes.

AWARE HUB

DR LISA MYERS

Contact us today for a free 15 minute consultation to discuss how rTMS can benefit you.



1300 029 273



awarehub.com.au



reception@awarehub.com.au

Disclaimer: Material provided for general information only. Always obtain the relevant professional or specialist advice before taking, or refraining from, any action based on the information herein. If you have questions about any medical matter, you should consult your doctor or other professional healthcare provider. Although we make every effort to compile accurate information we make no representations, warranties or guarantees, whether express or implied. *Prices and rebates subject to change.

COPYRIGHT © 2024 AWAREHUB PTY LTD - ALL RIGHTS RESERVED.