



TEXAS TMS at SASH CASE STUDY

PATIENT DESCRIPTION

- 28 year old male
- Major depression, recurrent, moderate and ADHD
- Two year history of constant depressive symptoms including:
 - depressed mood
 - fatigue
 - difficulty concentrating
 - poor appetite
 - weight loss
 - anxiety
 - insomnia
 - anhedonia
 - low self-esteem
 - thoughts of suicide

TREATMENT METHODS BEFORE TMS

- Medications of Trazodone and Strattera
- Psychotherapy

TMS TREATMENT

- Course of 20 treatments over 4 weeks
- 6 taper treatments over 3 weeks
- Noted depressive symptoms lifting after 8th treatment

TMS RESULTS

Observed changes in behavior:

- Appetite improved and sleep normalized
- Energy level returned to normal

"Life is pleasurable" - patient quote

MAINTENANCE TREATMENT

- Total remission



TEXAS TMS at SASH CASE STUDY

PATIENT DESCRIPTION

- 36 year old male
- History of depression and intermittent psychotic symptoms present since college
- General feelings of guilt with aggressive behavior at times
- History of poor work performance
- Inconsistent with taking medications: Abilify, Geodon, Prozac, Zyprexa, Cymbalta, Invega, and Symbiax
- Use of CPAP for sleep apnea
- Presented with feelings of depression, hopelessness, helplessness, anergy, anhedonia and intermittent suicidal thoughts
- Obvious delayed verbal responses in conversations; somewhat suspicious but no overt psychotic symptoms

TREATMENT METHODS BEFORE TMS

- Medications of Risperdal .5mg and Lexapro 20mg
- Risperdal was increased to 2mg a day

TMS TREATMENT

- Patient received 29 TMS treatments over 6 weeks
- Patient underwent a 3 week tapering phase of 6 treatments
- Patient received Ibuprofen 800mg and Lidocaine/Prilocaine to the scalp to ease mild discomfort

TMS RESULTS

“I no longer feel depressed.”- patient quote

Observed changes in behavior:

- Self-initiating
- Decrease in aggression and agitation
- No facial grimacing
- Response time in conversations greatly improved
- More active and more sociable

MAINTENANCE TREATMENT

- Both patient and family want to continue as appropriate per physician
- Risperdal and Lexapro to continue



TEXAS TMS at SASH CASE STUDY

PATIENT DESCRIPTION

- 46 year old male
- Family history of depression and mental health challenges
- First depressive episode was in high school
- In 2005 had recurrent major depression with a bipolar diagnosis
- Present episode has been severe for 1 year beginning approximately 8 years ago
- Symptoms included:
 - Hopeless, helpless, and worthless feelings
 - Experiencing despair with low self-esteem issues
 - Insomnia , irritability and inability to focus
 - Social withdrawal and a loss of 2 jobs over the last 3 year period
- Other health conditions include:
 - Diabetes, Hypertension, fatty liver disease, allergies

TREATMENT METHODS BEFORE TMS

- Lexapro, Wellbutrin and Cymbalta- all without benefits
- Paxil with side effect of inability to orgasm
- Lamictal- patient *“loses his creative edge and becomes flat”* with too much

TMS TREATMENT

- Patient was on: Pristiq, Nuvigil and Lamictal
- 48 treatment sessions with 6 being in the tapering phase over a 3 week period

TMS RESULTS

“There was a definite neuro-chemical change that took place for me!”

- His wife and friends noted the depression becoming less
- Experienced increase of cognitive abilities and became more hopeful
- 1 month later he said he is doing better *“I never thought it would be possible, my family notes a change from one year ago, I am thinking clearer, able to focus and enjoying work, which I never thought I’d say”*.

MAINTENANCE TREATMENT

- Continued on Pristiq, Nuvigil and Lamictal to prevent relapse
- Continues therapy with a psychiatrist



TEXAS TMS at SASH CASE STUDY

PATIENT DESCRIPTION

- 55 year old female
- Has suffered from depression the majority of her life plus anxiety later
- She has been under a psychiatrist care for the last 8 years due to need of medications, also sees a therapist.
- Symptoms included:
 - Coughing to the point of regurgitation (although there was no medical evidence found to justify this happening)
 - She experienced 3 pneumothorax's plus a fractured rib

TREATMENT METHODS BEFORE TMS

- Prozac, Celexa, Nortriptiline

TMS TREATMENT

- Came to us on Lexapro 80-mg, Buspar 90 mg and Provigil 200 mg. PRN
- 38 treatment sessions with a 3 week tapering for a total of 44 sessions

TMS RESULTS

- Stopped having nightmares
- Noted greater quality of sleep
- Increase of energy
- Greater desire to be social and interactive with children
- Main symptom of chronic cough gone
- Anxiety diminished plus experienced greater clarity with thought process

MAINTENANCE TREATMENT

- By end of TMS treatment, patient was able to stop the Buspar and was tapering the Lexapro
- Patient also found that the 200 mg. of Provigil was too much for her



TEXAS TMS at SASH CASE STUDY

PATIENT DESCRIPTION

- 61 year old male
- Divorced and hospitalized for 30 days shortly thereafter
- Depressed for several years
- Symptoms Included:
 - Sporadic sleep
 - Helpless, hopeless, worthless feelings
 - Fatigue and decreased interest in life
 - Social withdrawal and isolation
 - Thoughts he would never get better
 - *“Something has to change, I can’t go on like this”* - patient quote

TREATMENT METHODS BEFORE TMS

- Celexa, Abilify, Ativan- all without benefits

TMS TREATMENT

- 30 treatments over 6 weeks
- 6 taper treatments over the next 3 weeks

TMS RESULTS

“This is the best I’ve felt in a long time!”-patient quote

- After the first 2 weeks he was more upbeat, less in a “deep hole”
- Over the next 2 weeks he wanted to work on interpersonal issues
- Family noticed improvements
- Over the next few weeks total resolution of depressive symptoms
- Said he was “happy”, “hopeful”, and “coping better”

Observed changes in behavior:

- Mood much better, more interest in life

MAINTENANCE TREATMENT

- Continued on Celexa and Abilify to prevent relapse



TEXAS TMS at SASH CASE STUDY

PATIENT DESCRIPTION

- 68 year old female with Major Depression, recurrent over 9 years
- Symptoms included: fatigue, panic, anxiety, depressed mood, anhedonia, weight gain
- Patient wanted off meds and to feel better again like she felt before 2000.

TREATMENT METHODS BEFORE TMS

- Past medication trials: Lamictal, Zoloft, Buspar, Prozac,
- Luvox, Lexapro with no benefit or too many side effects
- On Lexapro and Wellbutrin

TMS TREATMENT

- Decreased and discontinued both Lexapro and Wellbutrin

TMS RESULTS

“This is the best I have felt in years”-patient quote

Observed changes in behavior:

- Started responding after 8 treatments
- Decreased depression, fatigue, appetite and anxiety
- Increased energy and motivation
- After 11 treatments her depression went into remission; now off Lexapro and Wellbutrin

MAINTENANCE TREATMENT

- Completed a full course of TMS and remains in remission