

## What is TMS?

TMS is a non-invasive treatment that is used for the treatment of major depression. During treatment, a coil is placed on the scalp that sends magnetic currents to the part of the brain that regulates emotions. It works equally and often better than anti-depressant medication alone. It has significantly fewer side effects than traditional medication used to treat depression. It is FDA approved for major depression in adults and there is peer reviewed, evidence based research to support its use for PTSD, OCD and adolescent depression.

TMS has been FDA approved since 2008 for major depression in adults. Clinical trials are currently underway for FDA approval for teenagers.

Each treatment takes approximately 19 MINUTES. We are available 7 days a week for TMS treatment based on your schedule.

## Park Avenue TMS

At Park Avenue TMS, your care is our highest priority. We are dedicated to providing you with all the necessary tools and information that will make your TMS treatment as comfortable and effective as possible. Our friendly staff is available to address any of your questions or concerns every step of the way.



**Dr. Jodi Gold** is a board certified adult and pediatric psychiatrist with clinical expertise in pharmacology, reproductive psychiatry, parenting & divorce, transcranial magnetic stimulation (TMS) and the management of digital technology. She is the director of the Gold Center for Mind Health and Wellness & Park Avenue TMS. She is the author of two books and is a regular psychiatric and lifestyle expert on national and local media.



## Park Avenue TMS

- at the Gold Center -

A PROVEN NON-DRUG METHOD  
TO TREAT  
DEPRESSION AT ITS SOURCE

effective  
lasting  
non-invasive  
low potential for side effects

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## Who Can Benefit from TMS

TMS is recommended for patients who:

- Have tried various medications and psychotherapy with no relief from their symptoms
- Want to avoid the side effects of medication (such as sexual dysfunction and weight gain)
- Want to avoid medication due to pregnancy, nursing or other medical disorders
- Do not have a seizure disorder or a history of seizures
- Do not have a metal implant within the head

Are you a candidate for TMS?  
Take our online quiz and find out.  
[www.parkavenuetms.com](http://www.parkavenuetms.com)

## How effective is TMS treatment?

-  30 clinical trials with 2,000 patients showed TMS to be effective for treating depression
-  In a real world naturalistic study, 58% of patients treated with TMS experienced significant improvement
-  37% of people treated with TMS no longer experienced symptoms of depression
-  People treated with TMS were 2-4 times more likely to achieve remission from depression symptoms, compared to people treated with antidepressants alone
-  62.5% of people treated with TMS who experienced relief continued to show improvement after 1 year

### Footnotes

- 1- Carpenter LL et al. Transcranial magnetic stimulation (TMS) for major depression: a multisite, naturalistic, observational study of acute treatment outcomes in clinical practice. *Depress Anxiety*. 2012;29(7):587-96.
- 2- O'Reardon JP et al. Efficacy and safety of transcranial magnetic stimulation in the acute treatment of major depression: A multisite randomized controlled trial. *Biol Psychiatry*. 2007; 62(11):1208-16.
- 3- George MS et al. Daily Left Prefrontal Transcranial Magnetic Stimulation Therapy for Major Depressive Disorder. *Arch Gen Psychiatry*. 2010;67(5):507-16.
- 4- Dunner DL et al. A multisite, naturalistic, observational study of transcranial magnetic stimulation for patients with pharmacoresistant major depressive disorder: durability of benefit over a 1-year follow-up period. *J Clin Psychiatry*. 2014;75(12):1394-401.

## How does TMS work?

TMS works by stimulating the area of the brain responsible for depression. A small curved coil about the size of a cupped hand is placed on the patient's head. The coil delivers a focused magnetic pulse directly to the site of mood dysregulation. The pulses are similar to those used in magnetic resonance imaging (MRI). The treatment takes approximately 19 minutes. Patients return to normal activity after the treatment. Unlike medication, there are very few side effects.

