

A Game Changer in the Treatment of Major Depressive Disorder (MDD)

Neuronavigated Transcranial Magnetic Stimulation (NrTMS)

Effective. Non-invasive. Drug-free.

TMS Treatment at CHS is now covered by Medicare in NB

What is TMS?

Transcranial Magnetic Stimulation (TMS) is a safe and effective treatment approved by Health Canada in 2002. TMS stimulates the brain from outside the head using small magnetic fields. It stimulates the dorsolateral pre-frontal cortex, the part of the brain that can regulate emotion and mood, which is why it's so effective in treating Major Depressive Disorder (MDD).

TMS does not involve any medications or their associated side effects. Our state-of-the-art **Nexstim Neuronavigated TMS depression therapy** is a non-invasive device-based treatment, personalized for each person's unique brain. It is generally well-tolerated – most individuals can resume their normal activities immediately following a treatment session.

Studies show:

- **75% response rates** (defined as a clinically significant decrease in symptoms)
- **49% remission rates** (defined as no clinically significant depression symptoms)

The Client Journey

Our NrTMS medical team will guide and support you during your treatment and will be available to answer any questions or concerns you have.

PRIOR TO TREATMENT

Intake

You will complete digital forms through our online portal, so we understand your medical history and have the information to assess and treat your condition.

Assessment

Your intake will be assessed by our NrTMS medical team. During your clinical assessment, our psychiatrist will confirm whether TMS is appropriate for you.

MRI

Once it is determined you are a good candidate, you will be scheduled for an MRI of your brain. During every NrTMS treatment, we will use your MRI to precisely target treatment to the appropriate area of your brain.

Welcome Session

We will arrange for an appointment with you where one of our TMS technicians will review the program, what you can expect and additional support to help maximize your treatment results.

Once pre-treatment steps are completed, we will book your prescribed treatment sessions, which are typically 30 sessions over a six to seven-week period. Our goal is to complete all sessions as scheduled. If necessary, we will reschedule treatment sessions to make up for any missed appointments, ensuring all 30 sessions are completed.

NrTMS TREATMENT SESSIONS

Baseline Measurements

Prior to commencing NrTMS treatments, you will complete additional questionnaires to establish your baseline measurements.

Initial Treatment

Your first session will take approximately one hour. Our physician and NrTMS technician will determine the intensity and pulse strength for your ongoing sessions before performing your initial treatment.

Treatment Sessions

Your remaining treatments will be approximately 15-30 minutes long. Our medical team will monitor your symptoms and progress at every session. You will complete weekly questionnaires to track your progress.

Discharge & Monitoring

At the end of your treatment, a full medical review will be completed, including any ongoing treatment or monitoring and consultation with our psychiatrist.

For more information call **506-738-4400** or visit our website at chswellbeing.ca

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255 Lacewood Drive, Suite 100C
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What is involved in the NrTMS treatment?

Once you have been referred to us, completed your intake and been assessed by our psychiatrist, you will have an MRI for the purpose of targeting the specific area of your brain for NrTMS treatment.

At the first treatment session, the strength of electromagnetic pulse required is determined by placing EMG electrodes over hand muscles. Our software quickly guides the operator to determine the optimized intensity of the TMS dose. During each treatment session, an electromagnetic coil is placed on the scalp. When activated, it will send magnetic pulses a few centimetres under the scalp's surface to deliver the prescribed treatment to the target location.

A full treatment course usually involves 30 treatment sessions over a six-to-seven-week period. Treatment sessions are typically once daily, five days per week. Treatment programs can vary and are personalized to your situation based on the psychiatrist's assessment.

Does NrTMS treatment hurt?

NrTMS is generally considered a safe and well-tolerated treatment, and it is not painful for most individuals. Some people may experience mild discomfort or sensations during the treatment. The most common sensation reported during NrTMS is hearing a tapping or clicking sound, and a feeling of tapping or pressure on the scalp. These sensations are typically mild and often described as uncomfortable rather than painful. You may find the TMS machine pulses or "clicks" are loud. Hearing protection is provided to ensure your comfort and to prevent any possible hearing damage.

What happens when my NrTMS treatments are all completed? Is any follow-up or maintenance required?

After completing the standard 30-session NrTMS treatment course, you will continue to follow up with the clinician who referred you. In some cases, the CHS medical treatment team may recommend ongoing additional NrTMS. We will monitor your response to NrTMS treatments and recommend additional or maintenance treatments. Follow-up is based on individual needs. It is important to keep in mind that about one in four people who complete TMS treatment will not experience significant clinical benefit.

How does NrTMS compare to other treatment options?

NrTMS is one of several options available for the treatment of major depressive disorder and has a good response rate compared to other treatments. It has relatively few side effects and does not require any specific preparation for treatment (people can walk in and walk out after treatment sessions).

NrTMS is particularly suited for: (1) individuals who have not had good results with other standard treatments; (2) individuals who have had problems with side effects from other standard treatments; and (3) individuals who want to avoid medications or more invasive treatments.

Can I drive to and from NrTMS sessions?

NrTMS is a very simple treatment and doesn't require any special accommodation before or after a session. Patients may drive to a session and can drive home or return to work right after a session. NrTMS treatment is generally well-tolerated with only minor side effects following treatment (such as headache), and it has no known negative effects on cognition.

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