



Transcranial Magnetic Stimulation (TMS) Clinician Information Guide

We are pleased to announce that Sweetgrass Psychiatry is accepting referrals for our Transcranial Magnetic Stimulation (TMS) program. This is an excellent, evidence based, safe FDA approved treatment for patients who continue to suffer from depression despite multiple antidepressant trials. We would be honored if you would consider referring your patients with treatment resistant depression for a consultation for TMS at Sweetgrass Psychiatry. Below is some information that may be helpful if you are not familiar with TMS.

- **Transcranial magnetic stimulation** is a non-invasive therapeutic technique that uses small magnetic fields to stimulate regions of the brain by electromagnetic induction through a small generator coil (Figure-8 or H-coil), placed over the patient's head. It can be used for the treatment of depression when antidepressants have not been helpful. Many studies have shown that TMS is more effective than medications for treating treatment resistant depression. In patients who have tried 2-3 antidepressants, the response rate to another medication is 10-15%. In one of the largest studies of patients treated with TMS for depression, around 60% of participants reduced their symptoms by at least 50% (responded) and around 30% of participants no longer met criteria for depression (remitted). While response and remission rates can vary, a course of TMS treatment can keep patients symptom-free for up to a year or more.
- **Treatment course:** Treatments are typically five days per week on weekdays at our Mount Pleasant location and last about 19-30 minutes. A course of TMS treatments is usually between 6-9 weeks, depending on the individual's condition and response. Patients can resume their normal activities immediately after treatment.
- **Apollo TMS Therapy System:** We use the Apollo TMS device due to its innovative streamlined workflow for safety, precision and effectiveness. It has an ergonomic design that allows for comfortable head rest and neck support. It offers a silent non-mechanical cooling system. <https://magandmore.com/en/apollo-tms-therapy-system-3/>
- **Ideal TMS candidate:** Patient age 18+ with a history of treatment resistant depression (failure of at least 2 SSRIs or SNRIs, failure of at least 1-2 augmentation medications) who can commit to daily treatments for 20-30 minutes for 6 weeks as well as a twice per week taper over three weeks.
- **Potential side effects:** Most commonly, patients can experience a transient headache or discomfort of the scalp. A rare side effect of TMS is seizures, which is currently estimated to occur in 1/30,000 treatments (0.003%).

- **Contraindications to TMS:** Magnetic-sensitive metal in their head or within 12 inches of the magnetic coil that cannot be removed, pacemakers, implantable cardioverter defibrillators (ICDs or are using wearable cardioverter defibrillators (WCD)) or other implants. Examples of this kind of metal include:
 - Aneurysm clips or coils, Stents
 - Implanted Stimulators, Electrodes
 - Ferromagnetic implants in ears/eyes
 - Facial Tattoos with metal ink or Permanent makeup
 - Bullet fragments or any other metal devices or objects implanted in the head
- **Use with caution:** in patients with epilepsy or in pregnancy
- **Treatment Costs:** Vary based on patients' insurance benefits and Sweetgrass' contracted insurance rates. Patients will pay a copayment or deductible for the physician treatment visit. **Medicaid does not cover TMS.**

Next steps: Please fax a referral with your most recent clinic note to our office **(888)-316-7716** and have patients fill out a new patient intake form at **www.sweetgrasspsychiatry.com**. It would also be helpful for your patient to sign a release so that we can send you periodic updates. If you are a psychiatrist, we will not be making medication adjustments without your permission and will refer your patient back to you for ongoing treatment after completion of their TMS course.

Thank you for your consideration and for all that you do for our patients and our community.

Warm regards,

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