

# (rTMS) Repetitive Transcranial Magnetic Stimulation



## About This Treatment

We offer a promising and safe technology for clients with mental health issues—repetitive transcranial magnetic stimulation (rTMS) therapy. rTMS, also known as intermittent theta burst stimulation (iTBS), has demonstrated efficacy for the treatment of major depressive disorder, posttraumatic stress disorder (PTSD), obsessive compulsive disorder (OCD), generalized anxiety disorder (GAD), schizophrenia with auditory hallucinations, impulsive decision making, and gambling addiction.

### Minimal Side Effects

Unlike antidepressants and other psychotropic medication therapies, rTMS is free from common side effects, such as weight gain and sexual or cognitive dysfunction, and is non-invasive, requiring no anesthesia.

The world's largest randomized controlled TMS trial to date found that 49% of the patients responded to the treatment and 32% achieved full remission of symptoms associated with major depressive disorder.

### Magnetic Pulses Regulate Mood

A typical rTMS treatment course is 10 to 20 sessions. Our rTMS sessions involve the placement of an electromagnetic coil wand against your scalp, near the forehead. A magnetic pulse stimulates nerve cells in the area of the brain that regulates mood. After your rTMS treatment, which may include multiple treatments per day, you may resume your daily activities right away.

We use the Express TMS® device manufactured by the Danish company MagVenture. In 2002, TMS therapy was approved by Health Canada. In 2018, MagVenture received US Food and Drug Administration (FDA) clearance for Express TMS®. Express TMS is the only product approved by the FDA to deliver three-minute theta burst stimulation (TBS), which is equivalent to rTMS.

rTMS sessions are available to both clients of Sunshine Coast Health Centre and the Georgia Strait Women's Clinic.