

# TRANSCRANIAL MAGNETIC STIMULATION (TMS)

## WHAT IS IT?



Transcranial magnetic stimulation (TMS) is a noninvasive procedure that uses magnetic fields to stimulate nerve cells in the brain to influence your brain's natural electrical activity. An electric pulse generator, or stimulator, is connected to a magnetic coil connected to the scalp.

A few of the FDA-approved disorders that qualify for TMS are :

- Major depressive disorder (MDD)
- OCD
- MS
- PTSD
- Parkinson
- Chronic pain

There are many more already approved. Research is ongoing to determine what other conditions it may be used for, including other mental disorders and neurogenerative diseases. It's had success helping people who don't respond to antidepressant medication and psychotherapy.

## WHEN IS IT USED?



## WHAT TO EXPECT



This outpatient therapy is done by a TMS technician or TMS physician, in a controlled environment without anesthesia. The technician may take measurements of your head to personalize the settings on the TMS machine and find an accurate spot to place the coil. The coil will be placed on your head and the therapy will begin. You'll hear a clicking sound as the magnetic impulses are released. You'll also feel a tapping or knocking sensation beneath the magnetic coil. Treatment will last 30-60 minutes and you will need to continue treatment around 5 days a week, for about 4 to 6 weeks depending on your condition.

TMS has very polar outcomes for some individuals. Many people have great success with this type of therapy and others find little to no relief after receiving such care. Some of the negative side effects have been self-reported to be severe but reactions to therapy are different for everyone so be sure to do your own research before choosing any type of treatment. Click here to discover some of the

[Pros and Cons of TMS](#)

## DO YOUR OWN RESEARCH



## ADDITIONAL RESOURCES

- Click here for [More Information on TMS Therapy](#)
- Click here for a [visual demonstration](#) of how TMS is performed
- Click here to discover more of the [Eligibility Requirements](#) for TMS