

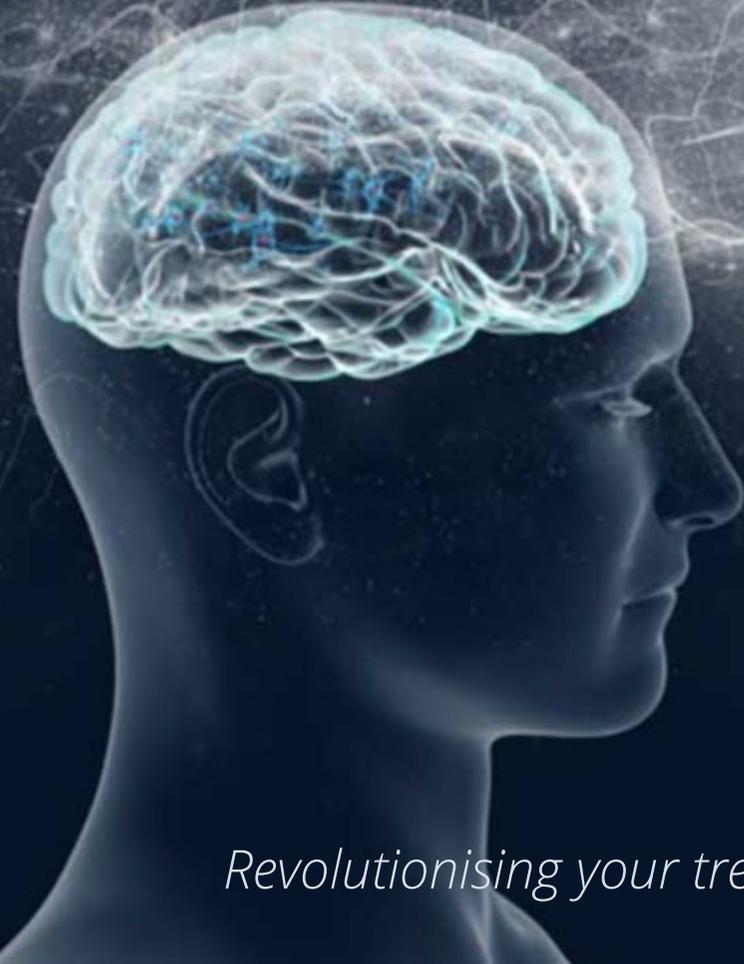
STEPS INVOLVED IN TMS

- 1 GP referral**
Your GP needs to complete the referral form for Neuralia TMS.
- 2 Initial assessment**
A telehealth appointment with Dr Shanek Wick will be set up for initial assessment.
- 3 Mapping session**
A mapping session to set up your treatment will occur at Pioneer Health with Dr Shanek Wick.
- 4 Treatment sessions**
For TMS for depression, patients are required to attend for daily treatment sessions at the practice, Monday to Friday, for 6 weeks. After this, TMS sessions are generally weaned and stopped. Some patients may require maintenance treatment sessions to keep them in remission.
- 5 Review appointment**
A telehealth appointment with Dr Shanek Wick will occur at the completion of your course of therapy.

What does TMS cost?

TMS for treatment-resistant depression is now covered under Medicare. Out-of-pocket costs will vary between patients and will be discussed during an assessment appointment at Pioneer Health.

TRANSCRANIAL MAGNETIC STIMULATION



Revolutionising your treatment

Neuralia TMS (through Pioneer Health Albany) is pleased to offer the first TMS service in Albany and the Great Southern. TMS has the potential to revolutionise how we treat depression and other mental health disorders.

What is Transcranial Magnetic Stimulation (TMS)?

TMS is a safe, effective, and non-invasive therapy for depression as well as several other psychiatric and neurological conditions, that does not require any medications. It has been in use for over 30 years and is currently used extensively in North America, Europe as well as Australia. rTMS was approved by the Food and Drug Administration (FDA) in the US for treatment resistant depression in 2008 and has since been granted similar regulatory approval in Australia. The treatment works on the principle of neuromodulation of the brain circuitry. This is achieved by stimulating the surface layer of the brain (also called the "cortex") with magnetic impulses using a TMS machine and coil assembly. These impulses activate brain circuits which are implicated in depression.

Will TMS work for my depression?

TMS has been extensively studied and we have high quality evidence for its efficacy in depression. Most patients who undergo TMS therapy have greater than 50% improvement in their depressive symptoms. Some 30% of patients will go into remission (i.e. be free of depression for months). The response rate for TMS used in depression compares favourably to anti-depressant tablets. For depressed patients who have failed to respond to a number of anti-depressants (i.e. treatment resistant depression) TMS is especially useful.

Are there any side-effects from TMS?

TMS has been proven to be a safe treatment.

Common side effects are:

- Headache (which often settles after the first few sessions)
- Scalp discomfort
- Noise related discomfort (ear plugs are worn during treatment for this reason)

Rare side effects are:

- Seizure (this is very rare and occurs at a rate of 1:30,000. This rate is actually lower than the seizure rate associated with anti-depressant medications.)
- Mood elevation (which settles once TMS therapy is withdrawn.)

Who is Neuralia TMS?

Neuralia TMS is a specialist TMS Clinic in Perth. Neuralia TMS was started to make the best of mental health care available to as many people as possible. Dr Wick believes in using innovative technology and evidence based medicine with a compassionate, personalised approach to mental health.

Further information can be found at neuraliatms.com.au

Dr Shanek Wick is a psychiatrist with a special interest in treatment-resistant depression.

Dr. Wick grew up in Perth and attended medical school at the University of Western Australia. He began his training at Fremantle Hospital. He chose to train in Psychiatry after seeing the immense burden of mental illness on his patients. He pursued further training in Addiction Disorders in Queensland before returning to Perth.



Electrical activity in certain areas of the brain



Normal



Depressed