

# Transcranial Magnetic Stimulation (TMS)

Transcranial Magnetic Stimulation (TMS) is an FDA-approved, non-invasive treatment that uses magnetic fields to stimulate nerve cells in the brain. It is primarily used to treat Major Depressive Disorder (MDD), especially in cases where traditional treatments have not been effective.

## How Does TMS Work?

TMS therapy involves a magnetic field to target specific brain areas associated with emotional regulation and mood. By delivering rapid magnetic pulses, TMS aims to reset these areas, providing relief from depressive symptoms and breaking the cycle of depression.

## Benefits and Safety

TMS is known for its minimal side effects, making it a safe alternative to other treatments for depression. Patients undergoing TMS can expect:

- Non-invasive treatment.
- Few known adverse effects.
- Effective relief for those who have not responded to standard therapies.

## Treatment Process

TMS treatment consists of a series of 30-minute sessions. The number of sessions varies based on individual needs. Still, patients typically undergo treatment five days a week for several weeks.

## Is TMS Right for You?

If you have not found success with other depression treatments, TMS might be a good option for you. Discussing this therapy with your medical provider is important, as they can help determine if TMS is the right choice for your treatment.

For more information about TMS and our other services, visit [sevendcounties.org](https://sevendcounties.org) or call (502) 589-1100. Our team is here to help you on your journey to better mental health.



Seven Counties Services