

**Scott Aaronson, MD**  
*Sheppard Pratt Health System*

## Patient Description

- Patient, Mr. G, is a 50 year old married white male
- Father of three, executive

## Patient Depression Treatment History

- Patient suffers from recurrent severe Major Depressive Disorder
- Three prior depressive episodes – responsive to treatment
- On disability leave for three months due to depression

## Treatment in Current Episode

- Current episode, patient failed fluoxetine – olanzapine added
- Minimal improvement after four weeks

## NeuroStar TMS Therapy Treatment Course and Results

- Patient received 20 TMS treatments
- MADRS score decreased from 33 to 12
- Returned to work during second week of taper phase

Linda Carpenter, M.D.  
*Butler Hospital*

### Patient Description

- Patient, Ms. M, is a 54 year old single female
- Suffers from recurrent severe Major Depressive Disorder

### Patient Depression Treatment History

- Patient claims to have been “depressed forever” with onset occurring at age 13
- Multiple medication exposures
- Received ECT 2 years prior resulting in improved, but not sustained, significant cognitive improvement

### Treatment in Current Episode

- Patient treated with Parnate® 50mg, Lamictal® 200mg, Risperdal® 0.5, Ambien® qhs

### NeuroStar TMS Therapy Treatment Course and Results

- Patient treated with 30 sessions of TMS Therapy
- IDS-SR score reduced from 41 to 19
- Substantial improvement as patient was more lively, engaged and thinking about the future

## Louis E. Costello, M.D

### *Agape Mind Services*

- Dr. Costello has been a practicing clinician treating children, adolescents, and adults in North Texas in both public and private settings since training at UT Southwestern for the past 13 years. He is dedicated to helping provide the best possible care to his patients, and in this light has worked diligently to bring TMS to Texas as Texas' first TMS Therapy clinic.

## Patient Description

- Patient is a 30 year old white female suffering from severe recurrent Major Depressive Disorder

## Patient Depression Treatment History

- Patient started dealing with anxiety issues as a high school student
- First depression occurred in the patients early 20s after college during initial adult relationship and work difficulties
- Experienced several episodes of depression throughout her 20s with partial response at best using various medication attempts
  - Paxil®, Effexor®, Lexapro®, Prestiq® and also Abilify®
  - Later trials included Lamictal® and Xanax®
  - Therapy was also used for 2 to 3 years with prior episodes

## Treatment in Current Episode

- Patient currently in a 6 month MDD episode
- Patient treated with Lamictal® and therapy

## NeuroStar TMS Therapy Treatment Course and Results

- 30 TMS Therapy sessions plus 6 taper sessions (1.16 SMT)
- HAM-D scores decreased from 24 to 2

## Louis E. Costello, M.D

### *Agape Mind Services*

- Dr. Costello is Board Certified in Adult and Child & Adolescent Psychiatry
- Agape Mind Services is honored to help bring TMS neurotherapy to Texas by being Texas' first outpatient TMS therapy clinic

## Patient Description

- Patient is 50 some year old school teacher
- Married mother of two grown children
- Patient has a 19 year history of Major Depressive Disorder in addition to Generalized Anxiety Disorder and Dysthymic Disorder

## Patient Depression Treatment History

- Prior episodes and prior treatments had been treated with SSRIs, dual action antidepressants, and augmentation with an atypical antipsychotics

## Treatment in Current Episode

- Current episode was approximately 3 years in duration with waxing and waning partial response at best
- Despite medications, supportive therapy, and a concerned and involved family social support, patient reported continued concerns with cognitive impairments and only partial benefit at times to interventions

## NeuroStar TMS Therapy Treatment Course and Results

- Patient treatment included 30 treatments with TMS Therapy
- TMS administered 5 times per week resulting in significant improvement in symptoms (despite family stressors the last 2 weeks of daily treatments)
- A response was noted with near remission.
- The response was meaningful enough for a treatment taper to be used for ending treatment.
  - Taper treatment included 3 TMS treatments for week 1, 2 TMS treatments for week 2, and 1 TMS treatment for week 3
  - By the end of taper treatment, full remission of the 3 year depressive episode was achieved

## South Bay TMS Therapy Center

Treatment for Depression Without Medication



Martha B. Koo, M.D.  
South Bay TMS Therapy Center

Dr. Koo graduated from UCLA Medical School and completed her psychiatry residency training at the UCLA Neuropsychiatric Institute where, after graduation, she worked in the Geriatric Faculty Clinic providing outpatient ECT. She subsequently pursued psychoanalytic training from the New Center for Psychoanalysis and has been in solo, private practice for 13 years. Dr. Koo is board certified by the American Board of Psychiatry and Neurology. She is the Medical Director of the South Bay TMS Therapy Center which began offering TMS treatment to patients in June of 2009.

### Patient Description

- Patient is a 51 year old female with recurrent Major Depressive Disorder for over 20 years

### Patient Depression Treatment History

- History of non-response to five antidepressants (including SSRI's, Wellbutrin® and SNRI's)

### Treatment in Current Episode

- Patient was taking Effexor XR® 300mg at the start of TMS Therapy
- Initial Beck Depression Inventory of 42

### NeuroStar TMS Therapy Treatment Course and Results

- Patient received 15 TMS Therapy sessions
- Tapered off Effexor XR and had a final Beck Depression Inventory of 3 after the 15th treatment session
- Patient received 5 taper treatment sessions over the next two weeks

# Alan Manevitz, M.D. and James Halper, M.D.

## *TMS Medical Associates of NY, PLLC*

- Dr. Manevitz is Private Practitioner and Clinical Associate Professor, Weill-Cornell Medical Center-New York Presbyterian Hospital and Lenox Hill Hospital. His many specialties include Marital, Family and Sex Therapy, complex issues involving medication (Advanced Psychopharmacology), Fibromyalgia and other Chronic Pain Disorders, Mood Disorders (which include uni- and bipolar depression), and Attention Deficit Disorder (ADD). For more information regarding Dr. Manevitz, please visit his website at: [www.amanevitzmd.com](http://www.amanevitzmd.com)
- Dr Halper graduated from Columbia University College of Physicians and Surgeons and did his Psychiatry Residency at Payne Whitney Clinic-New York Hospital. He did fellowships at the National Institutes of Health and Rockefeller University. He is board certified in Psychiatry and Internal Medicine. He is presently Clinical Associate Professor of Psychiatry NYU School of Medicine.
- Dr. Manevitz and Dr. Halper trained together, co-taught the Advanced Psychopharmacology Seminars at Cornell and work together. They were often referred treatment-resistant depression patients from other doctors for innovative treatments. They have been providing Neurostar TMS Therapy since January 2009 as the first private office in NY to give new hope to their patients. They formed TMS Medical Associate of NY, PLLC to provide total service with a technician and two psychotherapists at their site.

## Patient Description

- Patient P.W. is a 34 year old, married man, attorney and successful litigator with his own firm who presented with “atypical” bipolar disorder, with severe depressive episodes as his major concern
  - symptoms including irritation, depressed mood, disrupted sleep, suicidal thoughts, decreased energy and concentration

## Patient Depression Treatment History

- Patient in psychiatry treatment since his early 20's
- Patient had tried every antidepressant, augmentation strategy, mood stabilizer and stimulant, in the PDR over the last 10 years with numerous psychiatrist doctors and psychotherapists
- CBT also was unsuccessful. Patient was motivated and compliant about all treatments and therapists directions. However, his symptoms were so severe that it was very hard for him to even go through his daily activities, and it was almost impossible to maintain progress in any talking therapy prior to TMS therapy

## Treatment in Current Episode

- Patient was hesitant to try ECT due to its possible side effects such as memory loss and cognitive dysfunction and his concern over the effect on his work
- Initially required to take multiple high dose medications with constant adjustments to get minimal results and still had depression symptoms along with side effects from the medications including hand tremor, sexual dysfunction, sedation and weight gain

## NeuroStar TMS Therapy Treatment Course and Results

- Patient treated with 46 total TMS Therapy sessions with a 2 week break after 15 sessions to taper down his medications as he began to respond to TMS therapy
- After his TMS therapy, patient experienced remission of the depression and maintained by the medication in which he started to respond with lower dosage post-TMS therapy
- The patient is now capable of receiving benefit from DBT and couple/sex therapy

## S.A. Manohara, M.D.

*Truxtun Psychiatric Medical Group, LP*



- Dr. S.A. Manohara founded Truxtun Psychiatric Medical Group, LP in 1984. Since 1984, Dr. Manohara's staff has grown to include seven Psychiatrists, a Psychologist, a Marriage Family Therapist, a Biofeedback Therapist, two Nurse Practitioners and a Case Manager.
- Dr. Manohara is:
  - Board Certified by American Board of Psychiatry and Neurology
  - Board Certified in Geriatric Psychiatry
  - Qualified Medical Evaluator in Psychiatry in the State of California
  - Board Certified by American Board of Psychiatry and Neurology in Forensic Psychiatry
  - Diplomate Board Certified American Board of Forensic Examiners
  - Board Certified in Addiction Psychiatry by American Board of Psychiatry and Neurology

## Patient Description

- Patient is a married 61 year old Caucasian female
- History of Bipolar disorder, anxiety and severe depression

## Patient Depression Treatment History

- Patient had been under treatment for major depression and suicidality for many years
- First reported depression 37 years ago after the birth of her second son caused post partum psychosis/depression
- Has taken various SSRIs, mood stabilizers, and other atypical antipsychotic medications
  - These medications have provided her variable amount of improvement in her depressive symptoms
  - Side effects of these medications were the main cause for repeated changes and non-adherence
- Patient had been hospitalized several times with chief complaint of severe depression, suicidality and anxiety. The patient states that she has been admitted to a psychiatric hospital once a year for almost the last 20 years

## Treatment in Current Episode

- Most recent medication received: Lithium 300mg tid, Desyrel<sup>®</sup> 100 mg qhs, Klonopin<sup>®</sup> 2mg tid
- Patient was last discharged from the hospital on 04/03/2009 with Seroquel<sup>®</sup> 400mg qhs, Klonopin 2mg tid, Lithium 300mg tid, Trazodone 100mg qhs, Xanax<sup>®</sup> 1-2 mg for breakthrough Panic/Anxiety
  - Patient was not able to obtain seroquel XR (refused to pay)
  - Patient's husband stated that patient required 4-6 mg of Xanax per day to quell her anxiety
- Patient was clinically examined on 04/04/2009 due to severe depression – patient was on crisis unit for suicidal ideation
  - Patient was assessed and was advised lithium 300mg tid, klonopin 2mg tid, Xanax was discontinued and Desyrel was increased to 200mg qhs
  - Patient was asked to consider ECT/TMS Therapy

## NeuroStar TMS Therapy Treatment Course and Results

- Started TMS Therapy with an initial MADRS score of 32
  - Treatment was tolerated as the patient had no complaints
- Patient treated with 26 treatments
  - By 17th treatment with TMS Therapy, MADRS score had dropped to 2
- Patient experienced increased mood, energy and sleep

## Carl M. Wahlstrom Jr., M.D., Ltd. TMS Chicago

In addition to holding a position as Assistant Professor at Rush Medical College, the Assistant Medical Director of the Outpatient Clinic at Rush University Medical Center and a position on the medical staff at Rush University Medical Center, I am a board-certified physician in the areas of General and Forensic Psychiatry.

For clinical matters in my private office, I offer psychiatric diagnostic evaluations, psychiatric consultations, medication management, and psychotherapy in an outpatient setting. I specialize in many areas of adult psychiatry, including but not limited to depression, bipolar disorder; anxiety and panic disorders, obsessive-compulsive disorders, schizophrenia, alcohol and chemical dependency, grief and loss, and life circumstance issues.

I also offer treatment for major depression with a new FDA approved device called NeuroStar Transcranial Magnetic Stimulation Therapy® System (TMS). TMS Therapy® is used for treatment-resistant major depressive disorder which is defined as depression that has not responded to the adequate dose and duration of an approved standard treatment for depression. I would be happy to discuss this treatment option with you.

A portion of my practice is devoted to the field of forensic psychiatry, in which I perform psychiatric evaluations related to legal matters.

### Patient Description

- Patient is a 55 year old professional single female
- Suffers from recurrent Major Depressive Disorder, Seasonal Affective Disorder and Generalized Anxiety Disorder

### Patient Depression Treatment History

- Patient states that she has not been severely depressed, but for the past 4-5 years has been on medication for depression (Prozac 40mg)
  - Treatment had a dulling effect but was not effective in improving her mood
- Recently, she noticed she was sleeping more than usual
  - Wondered why she should have to get up in the morning – what was the point?
- Patient also noticed that the pleasure and interest she experienced in what used to be her favorite activities (both occupationally and socially) were diminishing
  - Saw newscast regarding TMS therapy and decided to pursue it

### Treatment in Current Episode

- Patient has seen several psychiatrists
- At the time of initial intake for TMS Therapy procedure, patient stated that she was dissatisfied with 'at-the-time' psychiatrist who had prescribed 40mg Prozac
- Patient did not like the way she felt at all and decided that the medication alone wasn't working

### NeuroStar TMS Therapy Treatment Course and Results

- Patient received 32 TMS Therapy sessions
- Tolerated 3000 pulses 5 times per week at a level of 120% of her Motor Threshold which was 1.17
- Dr. Wahlstrom lowered the Prozac dosage to 10 mg at the outset of treatment and added 7.5 mg of Deplin at the beginning of week 4 of TMS Therapy
- Patient's Beck Depression Inventory decreased from 20 to 12
  - Patient noted improved mood, renewed interest in friends and work (week 2 of TMS Therapy) and substantially diminished back pain (week 3 of TMS Therapy)

"After years of struggling with depression/anxiety and medications that didn't work, I got 'me' back with TMS therapy. My appetite is back to normal and I'm losing weight...and I no longer need my chiropractor for the muscle pain. I'm free."

-patient quote

## Carl M. Wahlstrom Jr., M.D., Ltd. TMS Chicago

In addition to holding a position as Assistant Professor at Rush Medical College, the Assistant Medical Director of the Outpatient Clinic at Rush University Medical Center and a position on the medical staff at Rush University Medical Center, I am a board-certified physician in the areas of General and Forensic Psychiatry.

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A portion of my practice is devoted to the field of forensic psychiatry, in which I perform psychiatric evaluations related to legal matters.

### Patient Description

- 45 Year Old Male suffering from Major Depressive Disorder NOS.
- Professional, married, three children

### Patient Depression Treatment History

- Patient began seeing Dr. Wahlstrom in 1999
- Started a mild dose of anti-depressant medication – Wellbutrin® which, in addition to therapy, was effective until 2008

### Treatment in Current Episode

- Patient then experienced a more severe episode of depression and Wellbutrin® was increased to 300mg
  - Not well tolerated
- Remeron (30mg) was begun and he experienced a partial response
- Patient then inquired about TMS Therapy and started treatment

## NeuroStar TMS Therapy Treatment Course and Results

- Patient began treatment with TMS Therapy in February of 2009
- To date, he has had 34 treatments, the most recent, a 'booster' or 'maintenance' treatment on August 26th
- He returns periodically (approximately every four weeks) for a booster treatment, and this, in conjunction with regular therapy sessions with Dr. Wahlstrom has proved successful
- Interestingly, he states that after each maintenance session, it takes about two or three days for him to 'feel 20 again.'

"I decided to go with it, and what I noticed was, that after about 2-3 weeks, I felt like I was young again. Like 20 years old. Things about my life that were bothering me sort of just unconsciously fade into the background now."

-patient quote

**Jaron L Winston, M.D.**  
**Texas TMS Center at SASH**

**About Jaron L. Winston, M.D.** – Texas TMS Center at SASH

- Dr. Winston is board-certified in Geriatric and General Psychiatry
- He was, for many years, Medical Director of Geriatric Services at St. David's Pavilion
- He has been a provider of ECT for severe depression
- Founder of Texas TMS Center at SASH - a TMS clinic for adults (aged 20 years and above)

## Patient Description

- Patient is a 77 year old female suffering from depression with somatization, poor sleep, poor appetite, anxiety, anhedonia and fatigue
- Patient is almost catatonic and spends most of the day in bed

## Patient Depression Treatment History

- Patient previously treated with Lexapro®, Citalopram, Mirtazapine, Risperdal®, Ambien®, Provigil®, Dexadrine, Klonopin®
  - Patient hated medication side effects
- Has been hospitalized once with no benefit

## Treatment in Current Episode

- Achieved 35% improvement with Dexadrine (10mg twice a day) but never improved beyond that

## NeuroStar TMS Therapy Treatment Course and Results

- After treatment with NeuroStar TMS Therapy, the patient was more awake and alert, getting out of bed with improved mood and eye contact
- Experienced increase in activity, energy and motivation
- Increase in appetite and better sleep habits
- Patient shows more interest in things and wishes to move to California to be closer to her daughter

**“Saved her life! She is interested in things again. She even started reading again which is very important to her.”**

*- Patient's husband*