



North Country Mental Health Insights

The Latest News in Treatment: Winter 2018

TMS Therapy: Proven Breakthrough in Depression Treatment

As mental health providers, we have likely each experienced suboptimal medication results for our patients suffering from depression and anxiety. In the NIH sponsored STAR*D real-world clinical study, one in three depressed patients required a change in treatment strategy, with each medication change having less likelihood for success.

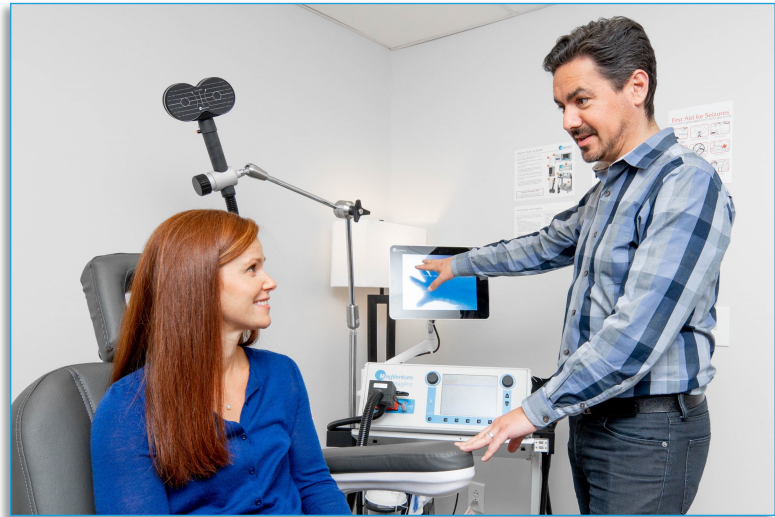
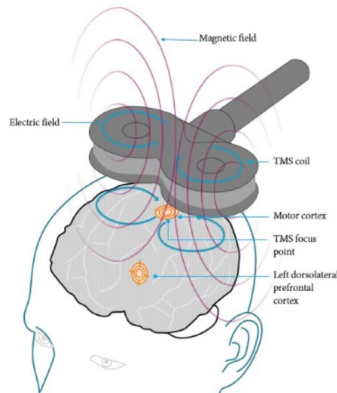
These are the same treatment challenges I have experienced as a practicing psychiatrist and Medical Director of North Country Behavioral Medicine.

We have found and offer a new treatment option for these tough-to-treat patients. It's called Transcranial Magnetic Stimulation.

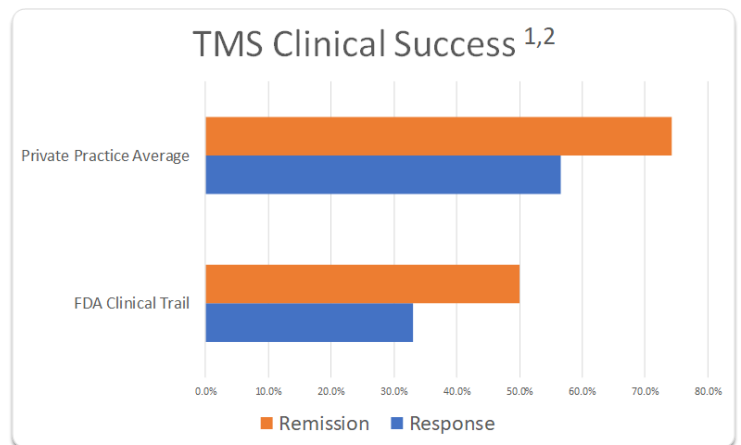
The Science of TMS Therapy

TMS Therapy stimulates cortical neurons through a highly focused pulsed magnetic field, similar in type and strength to those produced by a magnetic resonance imaging (MRI) machine, to stimulate cortical neurons.

The Pulsed magnetic fields induce small electric currents in the prefrontal cortex of the brain, depolarizing the neurons. The depolarization of the neurons causes the neuron to activate and release neurotransmitters. We know through imaging that once these neurons are activated, distant



areas of the limbic system are activated via neuronal pathways increasing blood flow and glucose metabolism in the stimulated regions. These biological effects result in significant symptoms improvement and often symptom remission.

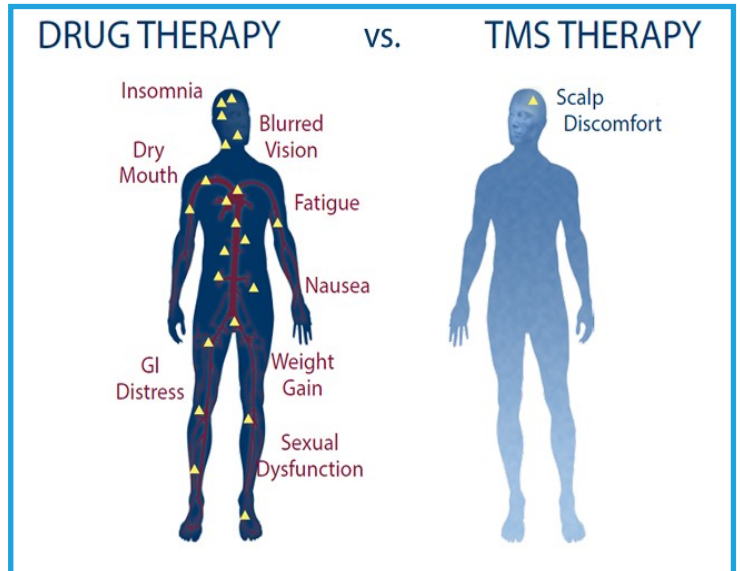


The above results demonstrate the response and remission rates for those that do not get complete relief from medication and psychotherapy. We have found working with the patient's other providers, that together we can help them obtain and gain remission of symptoms.

TMS has a minimal side-effects

It is important not to confuse TMS Therapy with Electroconvulsive Therapy. TMS is performed in our office and is a non-seizure based treatment. It requires no sedation and is non-invasive. Patients have no memory loss and can return to normal activities immediately.

As a non-systemic treatment, TMS Therapy has none of the side-effects typically associated with antidepressants. The treatment targets specific areas of the brain noted as having low activity and associated with depression. TMS Therapy side-effects may include a mild headache and minimal scalp pain. Each tends to be transient and is managed by over-the-counter analgesics.



About North Country Behavioral Medicine

Our Services:

- ◆ Adult Psychiatry
- ◆ Child and Adolescent Psychiatry
- ◆ Transcranial Magnetic Stimulation (TMS)
- ◆ Diagnostic Assessment
- ◆ Medication Management
- ◆ Psychotherapy
- ◆ Cognitive Behavioral Therapy

Our Providers

- ◆ Archil Chechelashvili, MD
- ◆ Dino Santoro, MD
- ◆ Jennifer Brennan, PMHNP-BC
- ◆ Jennifer Kanaly, PMHNP-BC
- ◆ James Van Ness, PA
- ◆ Jay Bleeker, RN

TMS Therapy Approved by Most National and Regional Health Insurers Including



Dino Santoro, MD

Archil Chechlashvili, MD

- ◆ North Country Behavioral Health
- ◆ North Country TMS

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