



TMS TREATMENT PROGRAM

MIND OASIS CLINIC

TMS treatment gives new hope for recovery from treatment-resistant depression.

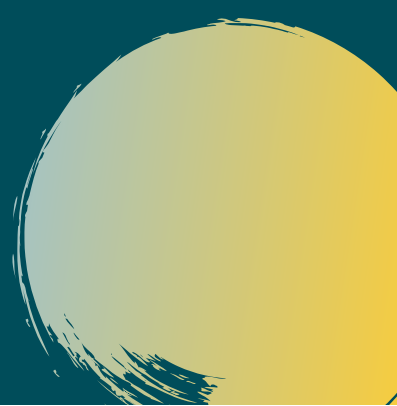




TABLE OF CONTENTS



03	What is TMS?
05	How does TMS work?
06	Who can benefit from TMS?
07	Benefit of TMS
08	Risk of TMS
09	Typical TMS Treatment Program at Mind Oasis Clinic
10	TMS Treatment Cost
11	TMS Referral



WHAT IS TMS?



TMS (or Transcranial Magnetic Stimulation) is a painless and effective treatment for depression and has been used to treat thousands of patients worldwide for over thirty years.



It has also been used to treat conditions such as obsessive compulsive disorder (OCD), addiction, chronic pain and post-traumatic stress disorder (PTSD).

At Mind Oasis Clinic we use repetitive TMS (or rTMS) to precisely target the area of the brain that is involved in depression. Studies have clearly shown that rTMS is an effective treatment for patients with depression.



TMS can be effective even if patients have failed to respond to antidepressant medications. Unlike other treatments, such as electro-convulsive therapy (ECT), TMS does not cause cognitive side effects or memory problems. No anesthesia or sedation is used, so patients can drive themselves to and from treatment and even go back to work or school right after a treatment. There is no need to disrupt the usual routine.

TMS is effective about 75% of the time, which means that it is twice as effective as antidepressant medications and almost as effective as electroconvulsive therapy. Nearly half of those who respond to TMS feel better within the first few weeks of treatment.

A typical course of TMS lasts 9 to 12 weeks. Treatments are given at least 3 times a week. Each treatment session lasts about 30 to 70 minutes.

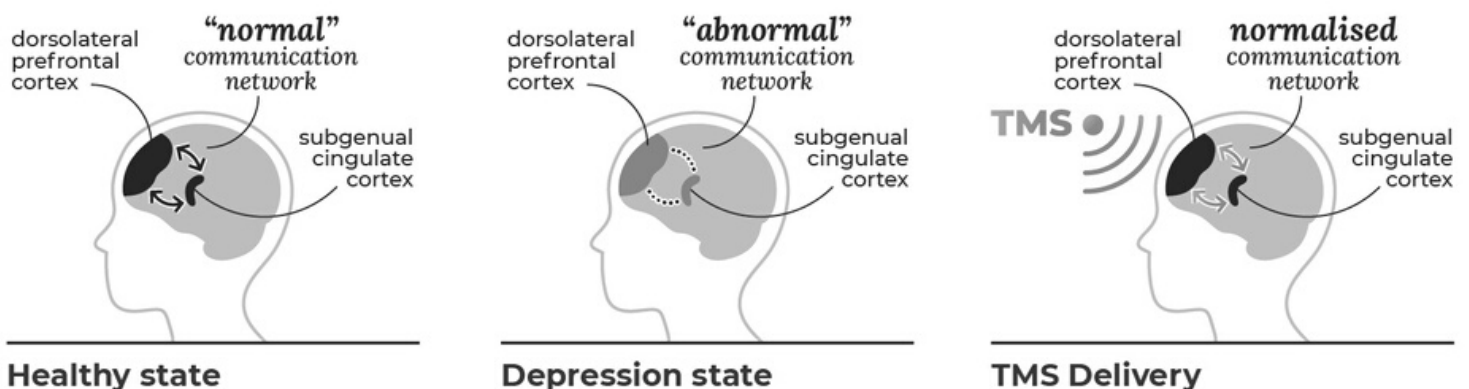


HOW DOES TMS WORK?

TMS is a procedure that uses highly concentrated electromagnetic pulses to specific regions of the brain that regulate mood. In more technical terms, during an rTMS session an electrical current passes through a small coil placed close to the scalp. This current induces a magnetic field. The magnetic field can travel through the skull and pass into the brain.

If the magnetic field is of sufficient strength, it will stimulate electrical activity in nerves below the coil, in the superficial regions of the brain. This stimulation may be repeated many times per second and with variation in intensity, and these variations will determine the effects of the stimulation. rTMS can be applied in differing ways to either increase or decrease local brain activity.

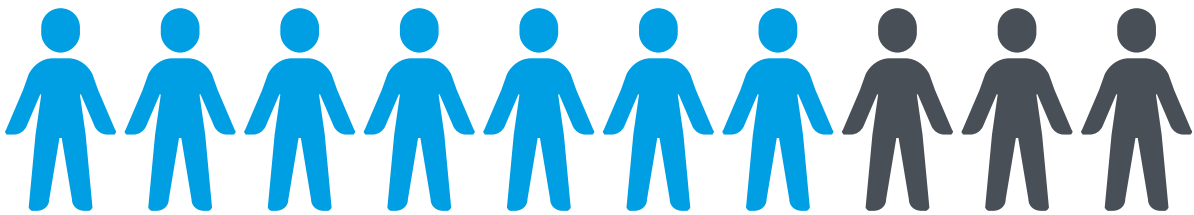
The RANZCP (Royal Australian and New Zealand College of Psychiatrists) Guidelines recommend a step-wise approach to the management of depression, TMS is normally recommended when a patient has been unresponsive to 2 or more Antidepressants.





TMS is recommended for patients who:

- Have tried various rounds of different medications and psychotherapy with no relief from their symptoms
- Wish to avoid the side effects of medication (such as sexual dysfunction and weight gain)
- Do not have a seizure disorder or a history of seizures
- Do not have any metal implant within the head



WHO
CAN
BENEFIT
FROM
TMS?



BENEFIT OF TMS



TGA approved

TMS is TGA approved, non-drug, non-invasive (patient can resume regular activities after treatment), not addictive and does not require sedation or anesthesia.



Free from side effects

TMS therapy is free from medication side effects typically experienced with traditional antidepressant medications, e.g. weight gain, sexual dysfunction, nausea, fatigue.



Comfortable

Patients are awake and alert during treatment and can return to their normal activities immediately following treatment. We administer rTMS in an outpatient setting, so there is no hospitalization needed.



Scientifically proven

When medications or behavioral therapy don't work, doctors may turn to TMS treatments to help individuals find relief from their symptoms. It can be effective enough that some patients with treatment-resistant depression can stop taking prescription drugs.



Long-lasting effect

Most patients who complete TMS treatment experience relief from symptoms of depression for six months to a year. Your results could also last for more than a year.



Result

Patient experiences some common changes include having more interest in doing things, sleeping better and more restfully, having appetite return to usual levels, seeing energy increase, and finding concentration and focus improve.



Efficient

An average of 25–35 sessions is typically needed, with sessions held at least 3 times a week. After a course of TMS treatment, most patients enjoy long-lasting effect.



Natural

TMS therapy uses magnetic energy to stimulate brain cells which helps them to naturally release needed chemicals for proper mood regulation



Clinically proven

30 clinical trials with 2,000 patients showed TMS to be effective for treating depression. In real naturalistic studies, between 58% and 75% of patients treated with TMS experienced significant improvement.

RISK OF TMS

TMS therapy is considered a very safe procedure and generally well tolerated by patients with minimal side effects. Side effects are generally mild to moderate and improve shortly after an individual session and decrease over time with additional sessions. They may include:

Common side effects

The level of stimulation can be adjusted to reduce symptoms or over-the-counter pain medication may be recommended before the procedure.

Headache

This generally resolves itself or will improve quickly with paracetamol.

Tingling, spasms or twitching of facial muscles



Lightheadedness

Scalp discomfort

Those who do find it uncomfortable usually find they get used to the sensation over a few days

Uncommon side effects

Serious side effects are rare. They may include:

Seizure

A rare risk of less than 0.1% per acute treatment course. TMS-induced seizures are mostly transient and self-limiting.

Tinnitus

The risk can be minimized by adjusting the TMS intensity and avoiding the theta burst protocol



Mania

Particularly in patients with bipolar disorder – the risk is similar to antidepressant treatment and our clinicians will closely monitor the risk

TYPICAL TMS TREATMENT PROGRAM AT MIND OASIS CLINIC



MIND OASIS
CLINIC



3

Sessions
per week



9 – 12

Weeks



30–70

Minutes per
typical session



25–35

Total of
sessions

1

Obligation-free & Bulk-billed TMS initial
assessment with our TMS-accredited
Psychiatrist

2

Titration session with our TMS-accredited
Psychiatrist

3

On-going TMS treatment sessions by TMS-
accredited Registered Nurse

4

Ongoing review by our TMS-accredited
Psychiatrist

TMS TREATMENT COST

From Nov 2021 onwards, medicare rebates are available to patients with Treatment-Resistant Depression who have met certain criterias. For those who have met the certain criterias, the patients are able to receive subsidies from medicare for up to 35 TMS sessions.

TMS Initial Assessment

with our
TMS-accredited
Psychiatrist



Bulk-billed

TMS Titration Session

with our
TMS-accredited
Psychiatrist



Fee: \$200
Medicare rebate: \$166.80

TMS Treatment Session

with our
TMS-accredited
Registered Nurse



Fee: \$200
Medicare rebate: \$143.15

Medicare safety nets

The medicare rebates listed above are the minimum rebate. Once the patients have reached their Medicare Safety Nets thresholds, medicare will pay 80% of your out-of-pocket costs for the rest of the calendar year, and this will further reduce the total out-of-pocket amount you are paying.

As of 1 Jan 2023, Medicare Safety Nets thresholds for individuals that do not hold a concession card is \$2,414; for individuals that hold a concession card (e.g. Pensioner Concession Card, Health Care Card etc.) is \$770.3.



TMS REFERRAL



Patient: I'm ready to proceed, what's next?

Please visit your treating GP or Psychiatrist and ask them to complete our "[TMS Referral Form](#)". "TMS Referral Form" is compulsory in order for patients to receive TMS treatment from Mind Oasis Clinic.

You can then request a TMS initial assessment [online](#). Once we receive your "TMS Referral Form", our reception team will contact you to arrange an obligation-free & bulk-billed TMS initial assessment with our TMS-accredited Psychiatrist.

Doctor: How do I refer TMS patients to Mind Oasis Clinic?

Referring GP or Psychiatrist can complete our "[TMS Referral Form](#)" and email it back to us at referral@mindoasis.com.au. Once we receive your "TMS Referral Form", our reception team will contact your patient directly.



MIND OASIS CLINIC

T: 02 9011 6800 | F: 02 9011 6822

Suite 3, Level 3, Strathfield Plaza,
11 The Boulevarde, Strathfield, NSW 2135

www.mindoasis.com.au

Mon – Fri: 9:00am to 5:00pm
Sat, Sun & Public Holiday: Closed



Follow us

@mind oasisclinic

