

Mental Health Insight

For Friends Interested In Behavioral Health

Treating Depression with Less Meds for Expectant Mom

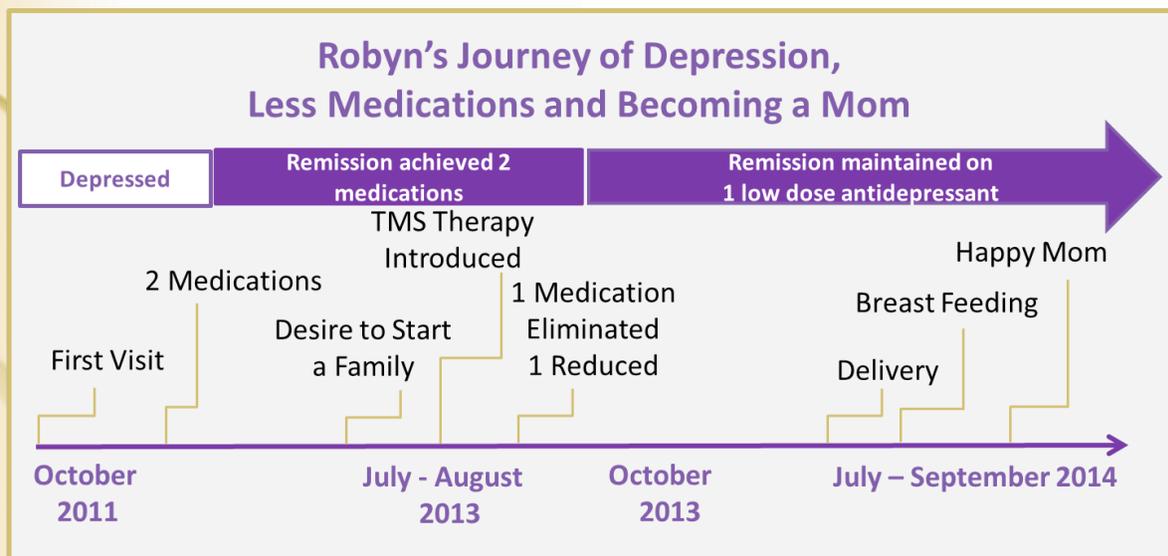
It is often we find women and men desiring to reduce medications that effectively help to manage their depression, anxiety and other mental health disorders. In this newsletter we present a real-life story of Robyn; a young woman desiring to become a mom with less medication. Robyn first suffered with depression in her early twenties. We were able to manage her depression with two medications over a period of years. In 2013, after many personal accomplishments and having her depression well-managed, Robyn and her husband decided they were both ready for the next stage of their lives together - they wanted to have a baby.

Robyn's Decision to Have a Baby - with Less Medication

Robyn shared her concern of being pregnant while on antidepressants as well as her desire to deliver and breast feed a healthy baby. I could relate to Robyn's concern. Certainly less medications are better, provided that the mom's mental health remains stable. Robyn and I discussed TMS therapy, a non-systemic depression treatment as a treatment option. Our plan was to introduce TMS Therapy, then reduce medications while we continued to monitor her mental health.

Robyn Maintains Mood Stability, Pregnancy and Motherhood with Less Meds

Robyn completed TMS therapy and no longer felt vulnerable to periods of sadness. In addition, we were able to eliminate one medication and reduce the dosage of another from 120mg to 30mg. She maintained mood stability through pregnancy, delivery and breast feeding. She gave birth to a happy, healthy baby in the summer of 2014 and continues to live a joyful life without depression and an added bonus - she's now a mom!



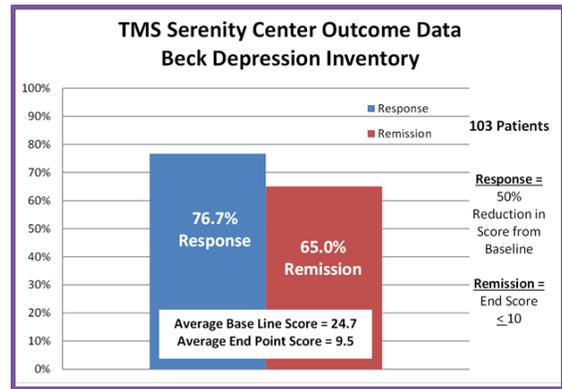
Medications & Supplement	Initial Management	During TMS Therapy	Post TMS Therapy	Conception and Perinatal Period
Cymbalta®	120mg	120mg	Reduction	30mg
Abilify®	2mg	2mg	Eliminated	0
Deplin®	-----	-----	Added	15mg

To hear Robyn's interview go to:
www.tmsserenitycenter.com/blog/

TMS Serenity Center Published Data

We recently presented at the 2014 Clinical TMS Society Meeting, in New York City, our clinical outcome results of 103 patients. To our knowledge this is the largest retrospective study of any private practice in the US. The TMS Serenity Center is the largest provider of TMS Therapy in the state of Texas. We have treated patients since 2010 with over 5,400 treatments. In addition to a 65% remission rate in MDD noted in the graph on the right, we also saw a 76% response and 69% remission rate for those with anxiety symptoms.

[Click here or visit our web site](#) for the full manuscript of our clinical results.



Meet our team

The TMS Serenity Center is Texas' largest provider of TMS Therapy. Under the direction of Dr. Kimberly Cress, we have been treating patients with Transcranial Magnetic Stimulation since April 2010. TMS therapy is one of the most technologically-advanced non-drug depression treatments. This non-invasive, outpatient therapy is FDA-cleared for treatment of Major Depression and has helped thousands of individuals who have not received adequate results or have experienced side effects from traditional antidepressant medications. Scientific literature also supports the use of TMS for the treatment of Anxiety Disorders, Bipolar Disorder, Chronic Pain Disorders and Migraine Headaches. Please call us if we can help.



Kimberly Cress, MD
Medical Director
Psychiatrist



Beth Landry

Maria Arancibia

Kerstin Brown

Roxane Zotyka

TMS Serenity Center Team

How we can help

Mental illness affects over 20% of adults every year. We recognize the challenges of getting and staying well. We are always available for a consultation to see if TMS Therapy may help you.

Please call us at **(281) 240-4322** or visit us at;

www.tmsserenitycenter.com

Here's a brief list of our services:

- Transcranial Magnetic Stimulation
- Medication Management of:
 - Refractory Depression, Bipolar, OCD and Anxiety Disorders
 - Adult ADHD Treatment

[Call Us if We Can Help!](tel:(281)240-4322)

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LOCATION: Our office is conveniently located in Sugar Land, two blocks off of highway 59.

HOURS: Monday - Friday: 8:00 AM - 5:00 PM
Extended hours available upon request



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