

“I have had depression a number of years and have taken several medications. However, none [No Depression Treatments] have had the impact that TMS has had. I no longer wake up in the morning wondering if I’ll be able to push myself enough to get one thing done, or will it be another day of languishing around the house... I am no longer a person just surviving my depression. I’m a happy person with the motivation to make a life for myself. That is what six weeks of TMS has given to me.” - *Gail O.*

“No Depression Treatment has had the impact that TMS does.”

“After struggling with depression for so many years, TMS has been a miracle. I am so excited about the new me – no longer hiding behind a mask pretending to be okay. It feels great to be involved with my kids and to have a feeling of calm and joy in my life.” - *Nigel S.*

“TMS has given me a life that I have dreamed of since I was twelve years old – the ability to feel true joy and happiness and the energy to express it. I now know what a normal life is, and I am so grateful to TMS and Dr. Cress.” - *Shellie R.*

“I have suffered with depression for more than 25 years. At times, the normal stress of daily life became debilitating. Since, undergoing TMS treatments, those same stressful events have not put me over the edge as they had in the past. The TMS Serenity Center has produced results where medications were unable to do so and for that I am extremely grateful.” - *Dana P.*

To read more TMS Serenity Center patient testimonials, visit www.tmsserenitycenter.com

Is TMS Therapy right for you?

Use the following self checklist to see if you may benefit from TMS Therapy. Place a check if you answer yes to any of the following questions.

- Are you getting adequate benefit from your current treatment for depression?
- Are you taking too much medication to treat your depression?
- Do the side effects from your medication outweigh the benefit?
- Is your depression increasing doctor visits for other healthcare conditions?
- Is your depression affecting your ability to function at work, home or school?
- Does your depression still have too much control over your life?

If you answered "Yes" to two or more of the above questions, TMS Therapy may help you as it has helped thousands. Please contact us at (281) 240-4322 to understand more about TMS Therapy.



Visit us at www.tmsserenitycenter.com to find out more about FDA-cleared Transcranial Magnetic Stimulation.



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TMS can help depression.
What your family needs
is the real you.



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www.tmsserenitycenter.com

As Texas' leading center for
Transcranial Magnetic Stimulation,
we can help you.



TMS Serenity Center is the largest provider of Transcranial Magnetic Stimulation in Texas.

Since April 2010, the TMS Serenity Center, under the direction of Dr. Kimberly Cress, has been treating patients with TMS or Transcranial Magnetic Stimulation. 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 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.



Approximately 50% of individuals who experience a single episode of depression will have at least another episode in their lives. Of those suffering, 75% continue to struggle every day.

Transcranial Magnetic Stimulation has also been found to be an effective treatment option for those who struggle with anxiety. TMS has not been FDA-cleared for treatment of anxiety disorders; however, clinical trials have shown its efficacy.

Who may benefit from TMS?

- If you are not receiving full benefit from your medications.
- If medication side effects reduce your quality of life or make medication compliance difficult.

The leading **Scientific Theory of Depression** indicates that it is caused by an imbalance of the brain's neurotransmitters. TMS provides focused release on these neurotransmitters by utilizing an MRI-strength magnet to naturally stimulate neurons (nerve cells) in the brain. These nerve cells then naturally release needed chemicals, such as serotonin, norepinephrine and dopamine, to lessen and even eliminate the effects of depression. These are the same neurotransmitters that are provided artificially through antidepressant medications.

At the TMS Serenity Center, we are dedicated to helping patients regain their quality of life by providing full-service care for individuals suffering from mood disorders, including: depression, anxiety and bipolar disorder.

Depression affects nearly 15 million Americans each year, and it knows no racial, ethnic, or socio-economic boundaries. Once a patient has been diagnosed with depression, traditional protocols include: medication therapy, electroconvulsive therapy and invasive procedures.

Now there is a safe, proven, non-drug treatment for depression that helps patients on a new path to a life without depression.

Safe TMS has been FDA-cleared for Major Depression since 2008, and has been researched for over 20 years.

Comfortable TMS patients are awake and alert, not requiring anesthesia, and are able to resume normal activities after treatment.

No Systemic Side Effects Unlike traditional depression treatment options, TMS does not cause weight gain, nausea, sexual dysfunction or fatigue.

Efficient Typically a six-week course of treatment, TMS only demands 37 minutes for its outpatient procedure.

Natural TMS is a non-drug treatment option, which uses magnets to stimulate nerve cells to naturally release needed chemicals in the brain.

To learn more about TMS as a treatment option, visit www.tmsserenitycenter.com.