

Mental Health Insight

For Friends Interested In Behavioral Health

Three Patient Stories - Free of Depression and Anxiety

We would like to share with you three patient stories of those treated with TMS Therapy (Transcranial Magnetic Stimulation Therapy). Ed, Lisa, and Valerie's stories are very similar to many who suffer from depression and anxiety disorders. We thank them for their courage to open up their lives to help others understand the hope in gaining help from this proven and innovative treatment, TMS.

If you or someone you care about is not gaining full relief from depression or anxiety symptoms - please know we would welcome the privilege to help.

"It's done everything to get rid of my depression and anxiety. My wife and I are enjoying more together. TMS therapy has put a smile on my face."

Ed's Story

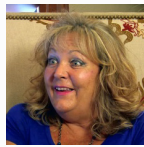


Ed is a retired executive accountant with major Texas Oil Producer. His struggles with depression began in childhood. Over the years he began to worry about everything. He did not seek treatment until his late 30s. Thru the years he has been treated with different antidepressants and combinations with limited benefit.

Now he is depression and anxiety free!

"Today I am physically lighter, emotionally integrated and am enjoying mental clarity that I can only remember from my childhood."

Lisa's Story



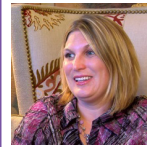
Lisa is a teacher but on disability due to her mental illness. She had multiple hospitalizations and despite many medication trials, depression overwhelmed her so much that she did little outside of her house.

With TMS she has been able to live life free from depression for over 3 years.

She has returned to school, enjoys traveling with her husband and has built a strong network of friends.

"With TMS, I sleep better; I am happier and have a more positive outlook on life."

Valerie's Story

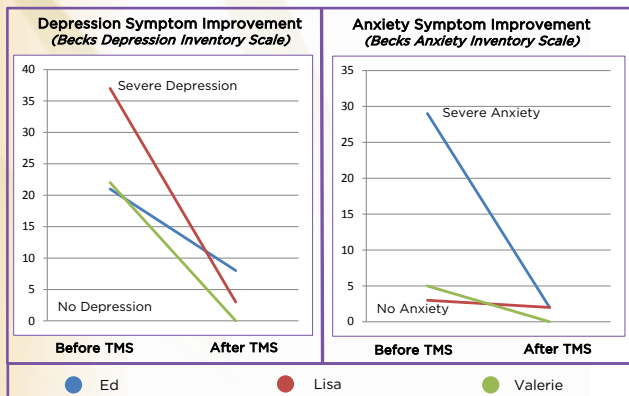


Val had several traumatic life events which intensified her depression. She was prescribed multiple medications thru the years along with therapy with no benefit.

TMS has increased her energy and motivated her to change her career to a profession she enjoys. She has joy with her family and friends without crying spells and irritability.

Visit www.tmsserenitycenter.com to view Ed, Lisa, and Valerie's Video Testimonials

Each TMS Therapy Patient Reduced Depression and Anxiety Symptoms!



About Transcranial Magnetic Stimulation: Exciting Depression Treatment Development

Transcranial Magnetic Stimulation (TMS) Therapy is a method that uses focused magnetic pulses to stimulate brain activity in the area of the brain and those connected within that are associated with mood disorders, depression and anxiety. It is a non-invasive procedure that is administered on an outpatient basis at the TMS Serenity Center. TMS received FDA clearance in 2008 for treatment of Major Depression. The TMS Serenity Center has also been successful in treating anxiety disorder.

About TMS Serenity Center

The TMS Serenity Center is the largest provider of TMS Therapy in the state of Texas. We hope that you find Ed's, Lisa's and Valerie's stories encouraging as you consider TMS as a proven option for a patient who is not responding to medications or who finds the side effects as debilitating as their depression and anxiety symptoms. We have treated patients since 2010 with over 3,500 treatments. Our expertise has resulted in an excellent track record, often surpassing patient

expectations. Although patients commonly continue medication during TMS therapy, some patients have been able to reduce the number of medications or medication doses. TMS Therapy is non-systemic, and has none of the side effects common to antidepressant medications. Over 95% of patients complete their TMS treatment and real life clinical results prove about a 70- 75% positive outcome.

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



Roxane Zotyka
Certified TMS Technician
& Patient Coordinator



Beth Landry
Certified TMS Technician
& Patient Coordinator



Maria Arancibia
Front Office
Medical Administration

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

Call Us if We Can Help!

Here's a brief list of our services:

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

Kimberly Cress, MD
Medical Director
4545 Sweetwater Blvd.
Sugar Land, Texas 77479

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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