

Mental Health Insight

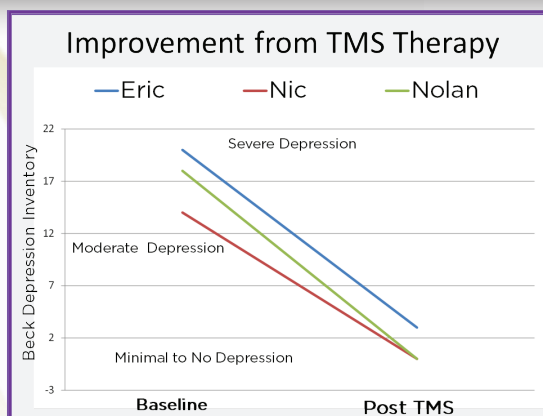
For Friends Interested In Behavioral Health

Treating Depression and Anxiety Earlier Has Many Benefits

We would like to share with you case studies of three college students treated with TMS (Transcranial Magnetic Stimulation) therapy. My experience in treating young adults confirms that of research, the earlier we treat those struggling, the higher the success rate and the less life time mental health episodes.

These case studies of young adults treated with TMS therapy can help educate you on the importance of getting help early if you struggle with depression and anxiety or in guiding other to seek help.

TMS Patient	Diagnosis	Episodes	Number of Medications Tried	Current Episode Results of Symptoms	TMS Results	Life Changes
Eric -Age 23	MDD recurrent, GAD, OCD, Panic disorder, Agoraphobia and ADHD	>5	Failed 2-SSRIs, 1-atypical antipsychotic, 1-anxiety, and Remeron in current episode.	Withdrew from family and friends, took a leave of absence from college.	Remains in remission for over 1 year on one medication.	Returned to College and teaching over the summer
Nic -Age 24	Bipolar Disorder type II, GAD and ADHD	Multiple	Failed 1-DNRI, 1-mood stabilizer, 1-antipsychotic, and 1-anxiety. Treated by a leading Harvard Psychiatrist and meds were ineffective.	In the current episode he became isolated, could not keep a job and quit college.	Remission achieved	Working full time and is socially active
Nolan -Age 20	MDD recurrent	2	Failed 1-SSRIs, 1-SNRI, and Deplin in current episode.	Dropped out of college.	Remission achieved	Working full time and re-enrolling in college Fall 2014



You can read more about Eric, Nic and Nolan by [clicking here](#) or visiting our web site.

Why Young People Can Respond Quicker to Treatment

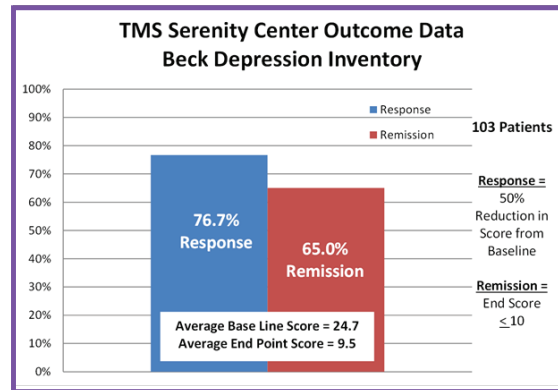
Most of us have experienced a friend or loved one battling depression or may even suffer from clinical depression or anxiety ourselves. The good news is that those who are younger can be treated more effectively with less drugs, quicker results and less lifetime episodes...if treated sooner. This is due to Neurogenesis, the ability to regrow brain cells. The longer the battle and the older one gets...the tougher it gets to treat. Please do not think that depression in those older cannot be treated, we have treated many successfully.

The emphasis here is to seek treatment early and do not settle for "partial improvement." With TMS therapy we have had great results with young adults. Visit our website or [click here](#) to read our blog - Can You Regrow Brain Cell?

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 5,000 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



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

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Medical Director
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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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