

Mental Health Insight

For Friends Interested In Behavioral Health

BEYOND MEDICATION: THE BIG PICTURE OF DEPRESSION TREATMENT

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If you have been diagnosed with depression, chances are, you are taking an antidepressant medication, and you may be feeling relief from your symptoms with medication alone. Medications treat the biological aspect of depression, and can be an important part of a comprehensive treatment plan.

It's important to keep in mind, though, that depression is a complex medical condition that may also revolve around key psychological and social issues in your life. If so, these factors must also be addressed in order to achieve the most effective and long-lasting results.

A More Comprehensive View

American Psychiatrist George L. Engel initiated an approach to medicine called the biopsychosocial (bio-psycho-social) model. This approach emphasizes the importance of going beyond biological treatment to address psychosocial aspects of the patient's life, including emotions, thoughts, friends, family, and community interactions.¹

For example, the treatment of a disease, like diabetes, that requires a change in diet can also mean changes in meal planning for a patient's family.²

This inclusive approach is a must for the treatment of depression, which usually includes societal pressures, relationships, self-esteem issues, traumatic experiences. Depression can be triggered by a physical problem, like a heart attack, the loss of a loved one, or a financial setback. Symptoms can include physical, social and psychological forms: decreased appetite; social withdrawal; sleep problems and thoughts of suicide.³

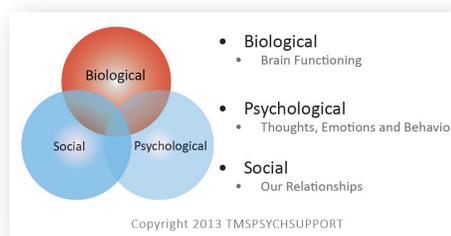
For this reason, treating brain chemistry alone is usually not enough.

Psychotherapy

Research shows that people suffering from depression are more likely to experience remission (relief of

symptoms) and less likely to have a relapse if they receive both medication and psychotherapy in combination, rather than just medication alone.^{4,5}

Psychotherapy compliments drug therapy by helping you develop positive thought processes, cope with your feelings and connect with friends and family. By covering all the bases—biological, psychological and social—you can improve your treatment results and realize more lasting relief from depression.



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. It is a non-invasive procedure that is administered on an outpatient basis at the TMS Serenity Center and first received FDA clearance in 2008.

We have treated patients since 2010 with over 2,500 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 their medication levels or even discontinue medication after TMS. TMS Therapy is non-systemic, and has none of the side effects common to antidepressant medications.

Cont'd...

Current News

Community Presentations

We regularly offer presentations out in the community we serve, by web cast, and in our office. Please visit us at tmsserenitycenter.com to see when our next event is scheduled!

www.tmsserenitycenter.com

Magellan Coverage Policy!

As of January 1st Magellan Health Care Services has written policy for TMS Therapy. We have also had successes in getting coverage for patients who have Anthem Blue Cross, Premera Blue Cross and Medwatch. These are just a few insurances providing coverage, call us today to see if your plan provides TMS as a treatment option.



Beyond Medication, *Cont'd...*

Over 95% of patients complete their TMS treatment and real life clinical results prove about a 70- 75% positive outcome. We regularly administer

TMS Therapy and would welcome a visit or a phone call to help you understand more about this important treatment option.⁶

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



Kelly Knickerbocker
Nurse Practitioner



Roxane Zotyka
Certified TMS Technician
& Patient Coordinator



Beth Landry
Certified TMS Technician
& Patient Coordinator

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
- Refractory Depression, Bipolar, OCD and Anxiety Disorders
- Psychopharmacology and Medication Management
- Adult ADHD Treatment
- Individual Therapy

Contact Information:

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

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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1 The Biopsychosocial Revolution by Robert C. Smith, MD, ScM. 2 An Overview of Biopsychosocial Disorders: Conceptualization, Assessment and Treatment. Health Psychology and Rehabilitation. www.healthpsych.com. 3 The Biopsychosocial Model. Mark Dombeck, Ph.D. and Jolyn Wells-Moran, Ph.D. 2006. 4 Optimal duration of combined psychotherapy and pharmacotherapy for patients with moderate and severe depression: a meta-analysis. Oestergaard S, Malmrups C. 5 Depression Treatment: Psychotherapy, Medication or Both? By John M. Grohol, Psy.D. Source: Antonuccio, D.O. (1995). Psychotherapy for depression: No stronger medicine. American Psychologist, 50, 450-452. 6 Results of Transcranial Magnetic Stimulation in a Naturalistic Clinical Setting: A BioPsychoSocial Integrated Clinical Care Approach. Alan Manevitz, MD; James Halper, MD; Yoko Kanomori, BA; American Psychiatric Association Annual Poster Presentation, May 2012.