

Mental Health Insight

For Friends Interested In Behavioral Health

Depression during the Child-Bearing Years

Bringing a healthy baby into the world should be one of the happiest times in a woman's life. Unfortunately, many women who are trying to get pregnant, are pregnant, or have just given birth are robbed of this happiness because they suffer from clinical depression. Depression is a serious health risk that should not be taken lightly. It can affect not only the mother, but everyone around her, including her new infant.

Research has shown that women trying to get pregnant may find it more difficult to conceive if they are suffering from depression and/or anxiety. Depression during pregnancy can result in early delivery, lower birth weight, reduced language and cognitive skills in the infant.

Postpartum depression (PPD) - a clinical depression that can begin anytime within the first year after childbirth - is the most common complication of childbirth, occurring in 10-15% of delivering women. PPD has been known to promote the discontinuation of breastfeeding, lower the quality of mother-infant bonding, and impairment of cognitive and emotional development of the child. In the most serious cases, PPD has been associated with maternal suicide and infanticide.

Treating Depression in Woman

When treating depression, most physicians turn to medication. However, many women, concerned about medication side effects and the risk of exposing their infant to these medications, will try to deal with the effects of depression on their own rather than using pharmacotherapy.

Another option physicians turn to is psychotherapy, which has no adverse effects. However, the biological nature of depression during and after pregnancy may limit its impact. Researchers believe depression in pregnant women and women suffering from PPD is triggered by hormonal changes. During pregnancy, a woman's level of estrogen and progesterone increase. Within the first 24 hours after childbirth, those levels return to normal, often causing depression. Therefore, physicians often suggest a combination of psychotherapy with a biological depression treatment, such as pharmacotherapy or TMS Therapy.

Non-Medication Alternative Treatment

Fortunately, we now have a more natural alternative for the treatment of depression and anxiety- Transcranial Magnetic Stimulation (TMS) Therapy. TMS Therapy was FDA-cleared in 2008. TMS utilizes an MRI-strength magnet. During this in-office treatment, the magnet pulses on and off over approximately 30 minutes. The magnetic field stimulates nerves to fire releasing neurotransmitters - serotonin, norepinephrine, and dopamine. These are the same neurotransmitters that are provided artificially by antidepressant medications.

Transcranial Magnetic Stimulation (TMS Therapy) offers a more natural alternative for women suffering from depression before, during, or after pregnancy. TMS Therapy is unique because it is non-systemic (does not travel in the mother's blood). Therefore, there is no risk of exposure to the infant during pregnancy or through breastfeeding as compared to the moms who are taking medications during pregnancy and breast feeding.

Depression Facts for Moms

- Depressed women seeking to become pregnant can have greater difficulty conceiving
- Untreated depression during pregnancy can result in:
 - Early delivery of the baby
 - Lower baby birth weight
 - Negative impact on the baby's temperament
 - Reduced baby language and cognitive (thinking) achievements

Benefits of Treating Depression for Moms to Be

- Happier mom means happier baby
- Greater bonding experience
- Better physical health to care for yourself and family
- Restored relationship intimacy

TMS Serenity Center Results

Our data showed a **70% depression remission rate** with patients averaging over 3.3 failed trials of antidepressant medications, a treatment-resistant population.

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Current News

TMS Serenity Center Clinical Results Presented

We are proud to have been selected to present our clinical data in May at the American Psychiatric Association Convention. We had a 70% remission rate or complete relief of depression symptoms and 68% remission rate for anxiety symptoms. For a video presentation of our results [click here](#) or scan the QR code.

www.tmsserenitycenter.com

TMS Therapy is now covered for Federal Employees

Blue Cross Federal and many other health insurers are covering TMS within their policy or on a case-by-case basis. These include Anthem Blue Cross, Premera Blue Cross and Medwatch. Call us today to see if your plan provides TMS as a treatment option.



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The data also demonstrated a **68% remission rate for anxiety** symptoms. The TMS Serenity Center is the largest TMS center in Texas. **Complete clinical data is available in both manuscript and video form at;**

Click Here www.tmsserenitycenter.com

Women who suffer from depression before, during and/or after pregnancy now have treatment choices beyond medication. If you suffer from depression and are concerned about the side-effects of medication, ask your doctor if TMS Therapy is right for you.

Let this be the most joyful time in your life!

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
- 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



www.tmsserenitycenter.com

(281) 240-4322

tmsserenitycenter@kimcress.com

