

# Treating Depression Without Medication

*TMS (Transcranial Magnetic Stimulation) Therapy is an FDA-approved therapy for the treatment of clinical depression that was developed by NeuroStar,<sup>®</sup> a Philadelphia-based firm. TMS is non-systemic (does not involve medications that circulate in the bloodstream) and non-invasive (does not involve surgery).*

NAUSHEEN DIN, M.D.

ADULT, CHILD AND ADOLESCENT  
PSYCHIATRY



*Nausheen Din, M.D. is a licensed physician, specializing in Adult, Child and Adolescent Psychiatry. She is the founder of Barrington Clinical Services. She resides in Barrington with her husband and two children, who attend Barrington district 220 schools. This allows her an invaluable glimpse into the life of our youth from the perspective of a clinician as well as a parent. Dr. Din has completed her Adult Psychiatry Residency training at the Loyola University Medical Center, as well as a two-year Fellowship in Child and Adolescent Psychiatry at the University of Illinois, Chicago, where she served as Chief Resident. Dr. Din is inspired by the words: "Nothing that you do for children is ever wasted." She has worked closely with many school districts, providing them with comprehensive risk-assessments, and participating actively in the growth and progress of our youth. She has been invited to lecture at numerous schools and communities on issues related to youth suicidality. Dr. Din has worked closely with many families in our community. Her effort is to eradicate helplessness in patients and their families, and replace it with a responsible team effort.*

As we forge ahead into the start of another year, I am excited to announce that our office is providing a new form of psychiatric treatment known as TMS Therapy. It is the first, and only, non-systemic and non-invasive depression treatment cleared by the FDA. I have put together some basic information about this therapy to help familiarize you with it.

Candidates for TMS therapy are typically adults who have failed to achieve satisfactory improvement from one prior antidepressant medication at, or above, the minimal effective dose and duration in the current episode. Patients who are unable to tolerate antidepressant medications are good candidates. Given the very real fears and frustrations involving the use of antidepressant medication – this option for treatment offers hope to those who continue to suffer the direct and indirect consequences of depression.

A natural response is to ask if this treatment is a hoax. Absolutely not. TMS therapy is scientifically substantiated, and has been approved by the U.S. Food and Drug Administration since October 2008. At least eight of the top 10 nationally renowned psychiatric hospitals have implemented TMS therapy as a viable treatment option. Clinical trials have been promising and support the following:

- 50 percent of patients experience significantly reduced symptoms
- 33 percent of patients report complete recovery

TMS therapy works at the level of neurons (brain cells) and is a form of neuromodulation. It uses a device that delivers highly-focused MRI-strength magnetic pulses to stimulate the prefrontal cortex. This is the part of the brain that regulates mood. A headpiece is placed against the scalp, which then sparks a small arc of electromagnetic activity within the brain, targeting a specific area. This in turn sets off chemical changes in the prefrontal cortex. Neurons in the prefrontal cortex are then stimulated to make more mood-enhancing chemicals, such as serotonin.

Patients often wonder what they can expect to experience during the procedure. On average, each treatment session lasts 37 minutes, with 30 sessions scheduled over a 4-6 week period. TMS therapy does not require anesthesia or sedation. During the session, patients remain alert and free to watch TV, converse or listen to music. They are able to drive themselves to and from the appointment, and return directly to work.

Unlike psychotropic drug side effects (weight gain, metabolic changes, dyslipidemias, sexual dysfunction) or ECT, the side effects associated with TMS therapy are relatively mild and typically resolve within the first week of treatment. They are listed as follows: headaches, and/or scalp discomfort.

Please feel free to contact me should you have any interest, questions or concerns.

If you feel that you or a family member may be a candidate for this procedure, please do not hesitate to request a consultation. Dr. Din and her team can be reached at 847-842-7200

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