

# Ramsay Clinic The Southport Private Hospital

## Repetitive Transcranial Magnetic Stimulation (rTMS)



### What is TMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is a therapeutic treatment, it is a safe procedure for psychiatric disorders, especially episodes of Major Depression, Bipolar Affective Disorder, OCD, Anxiety and most recent studies show effectiveness in Addiction. It involves an application of a pulsed magnetic field targeting the Cerebral Cortex. This induces a small electrical current which stimulates the nerve cells.

As an in-patient under your Health Fund there is no out of pocket costs.

### Who can be treated with rTMS?

#### TMS is a useful treatment for patients:

- Who may have not responded to 2 or more medication and/or psychotherapy
- Who are unable to take medication due to adverse reactions

### Who is not recommended to have rTMS?

There is little safety data in the use of rTMS on pregnant women and children under the age of 18yrs

### Side effects

rTMS is a very safe option that has been studied for over 30yrs and doesn't have any long-term side effects. Although during treatment some side effects may occur, it is uncommon to have to stop treatment because of them.

#### Most Common:

- Scalp discomfort
- Headache
- Transient tiredness
- Mood fluctuations

These symptoms are usually minor and do not prevent patients from driving or returning to work after a treatment session. These generally subside after the first 2 weeks.

#### Very rare:

- Risk of seizure (1:30,000)

Risk screening and assessments are performed prior to your 1st treatment

### Enquiries

For more information please contact the department of Neurostimulation 07 5671 8129 or The Southport Private Hospital Intake Co-ordinator 07 5671 8447

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Ramsay  
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