

# TMS-A Innovative Treatment Of Depression And Other Mental Health Issues

TMS Therapy: What It Treats, Benefits, Side Effects, and Costs



**India, Delhi, Sep 10, 2021 ([Issuewire.com](http://Issuewire.com))** - **Mind Brain Institute** introduces innovative and modern TMS therapy for the treatment of Depression, Anxiety, OCD, and other mental health problems. TMS or Transcranial Magnetic Stimulation is in great demand by patients who want to treat their condition with alternative treatment rather than drugs and other standard treatment methods.

TMS is an FDA-approved therapy that does give a positive result in cases that don't respond to conventional treatments with medication and psychotherapy. [Mind Brain Institute](#) is based in the United States with extensive experience in **TMS treatment**. TMS is the [latest treatment for Depression](#), OCD, Anxiety, and Smoking Cessation.

## TMS-A Ray Of Hope

People who have had a tough time fighting their depression or any other mental health disorder now have a ray of hope in the form of a new and non-invasive treatment. Medical science has made great advancements in the field of psychiatry. The TMS is a new therapy that aims to treat or reduce the severity of neurological problems and psychiatric problems. If someone is having a mental health issue but medicines and psychotherapy have failed to give relief, they should try the **TMS therapy**.

## What Is TMS

- It is a treatment method in which magnetic stimulation is given to the brain of the patient who is

suffering from depression or neurological disorder.

- The magnetic energy is directed towards the emotional center of the brain and this helps in changing the emotions and feelings of a person.
- The procedure is painless and non-invasive.

## Preparation For TMS

- The TMS is performed by a qualified and authorized doctor, physician, or a TMS technician on a patient who has symptoms of depression.
- The patient must remove metals from their body like jewelry, watches, and other metallic things as such things attract the magnet.
- The position of fixing the electromagnetic device is marked after measuring the head. This is done before the first TMS session of the patient.

## Procedure Of TMS

- Your doctor will place the electromagnetic device near the scalp. This is the part of the brain that has some problem or malfunctioning due to which symptoms of depression have occurred.
- After this, magnetic waves enter the brain. The patient must be in this position with the device for some time, usually 30 minutes.
- When the magnetic waves pass through the brain, it activates emotional circuits and it changes the thoughts and mood of the patient.
- A single session of this therapy lasts for half an hour. Doctors usually recommend TMS 30 sessions.

## TMS Is An Outpatient Treatment

- TMS therapy is an outpatient treatment that does not require getting admitted to a hospital.
- The patient can visit the clinic in the daytime or during working hours.
- Patients can continue their daily routine after the treatment and no change in lifestyle or any other safety precaution is needed. It is a safe procedure.

## Who Can Benefit From TMS

- People who are facing mental health disorders like depression, anxiety, post-traumatic stress disorder, obsessive-compulsive disorder, and addiction can benefit from TMS.
- The treatment gives relief in Parkinson's disorder and Alzheimer's disease also.
- It helps reduce spasticity in multiple sclerosis.
- TMS can reduce pain in conditions like fibromyalgia.
- The therapy helps treat addiction to smoking, nicotine, and other substances.
- Stroke patients can take TMS treatment for recovery and rehabilitation.

## Is TMS Effective

- Studies and research into the effectiveness of the TMS therapy have revealed that a huge number of people who take the treatment feel better after the therapy. Their symptoms show signs of reduction and there is a marked improvement in their condition.
- It is a drug-free therapy that doesn't involve the use of any type of medicine.

## Advantages Of TMS

- TMS is the best way to deal with depression or any other mental health issue or neurological problem. It does not involve doing surgery, using medicines, or implanting electrodes.
- The patients who take the TMS treatment don't feel any pain during the session so it is a pain-free and non-invasive treatment. The therapy is well tolerated by patients.
- The treatment is highly successful so it is recommended by the top doctors and hospitals.
- Since it is an outpatient treatment, you don't need hospitalization and you can return to normal life early. You return from the hospital the same day.

## Side Effects Of TMS

- TMS is a safe procedure. However, a few side effects may occur in some patients. Side effects of this therapy have been seen in very few people so they are rare.
- Facial twitching, skin redness, headache, and anxiety may occur during the treatment.

Want to know more about **Mind Brain TMS** you can visit the website [www.mindbraintms.com](http://www.mindbraintms.com) or call us at +91-9971774999.

Visit my clinic online <https://youtu.be/tog57jYnAoY>.



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