

WE AIM TO MAKE YOUR
TREATMENT AS
COMFORTABLE AS
POSSIBLE.



TARGETING THE EXACT
AREAS OF THE BRAIN
AFFECTED BY
DEPRESSION-NOTHING
ELSE

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MOOD DISORDERS ASSOCIATION
OF BRITISH COLUMBIA

A BRANCH OF  **Lookout**
Housing • Health Society



rTMS

Repetitive Transcranial Magnetic Stimulation

Mood Disorders Association
of British Columbia

LET US HELP!

WHAT IS rTMS?

Repetitive Transcranial Magnetic Stimulation (rTMS) is a non-invasive procedure that uses magnetic fields to stimulate specific areas of the brain.

It is a Health Canada approved treatment for depression, and emerging evidence suggests it may also be beneficial for other conditions such as anxiety disorders, PTSD, chronic pain, OCD, and cognitive impairment. It is not shock therapy and does not have systemic or cognitive side effects.

During an rTMS session, a small coil is placed near the scalp, which generates a magnetic field that stimulates nerve cells in the targeted area of the brain. This allows for "abnormal" circuits in the brain to look more healthy. The treatment is painless and does not require anesthesia or sedation, allowing patients to resume their normal activities immediately after the session.

rTMS is effective. In our clinic, up to 70% of people who have treatment resistant depression can have positive response to rTMS.

rTMS CAN TREAT:

- Depression
- Anxiety Disorders
- PTSD
- OCD
- Mild Cognitive Impairment and Early Alzheimer's Disease
- Chronic Pain
- Tinnitus



IS rTMS FOR YOU?

- Treatment is daily for 2-6 weeks
- Sessions are short (3-30 minutes) with no "down" time after. Patients can drive and resume daily activity after sessions.
- Good for patients who have not responded to medication or can not tolerate medication side effects.
- rTMS may not be appropriate for individuals with certain medical conditions, such as seizure disorders or specific implanted metallic devices in the head or neck area.

ABOUT US

Dr. Sheehan Chowdhury

MDABC'S LEAD PSYCHIATRIST IN REPETITIVE TRANSCRANIAL MAGNETIC STIMULATION TREATMENT

Dr. Chowdhury joined MDABC in 2019. He works at Richmond General Hospital, and the Vancouver Access and Assessment Centre. He has strong interest and expertise in non-invasive neurostimulation and provides electroconvulsive therapy.

How to get referred!

If your doctor has recommended rTMS for treatment of your mental health concern, please ask your doctor to submit a referral to Mood Disorders Association of BC, with attention to Dr. Sheehan Chowdhury.

Your consultation is covered by BC Medical Services (MSP). The treatment itself is not covered and there are associated fees that will be discussed upon consultation.

OUR CERTIFIED
PROFESSIONALS
GUARANTEE THE BEST
CARE FOR YOU.

For more information, visit our website
mdabc.net

