

## Foundation Questions

### 1. What does T-M-S stand for?

Transcranial Magnetic Stimulation

### 2. Who is NeuroStar<sup>®</sup> Therapy indicated for?

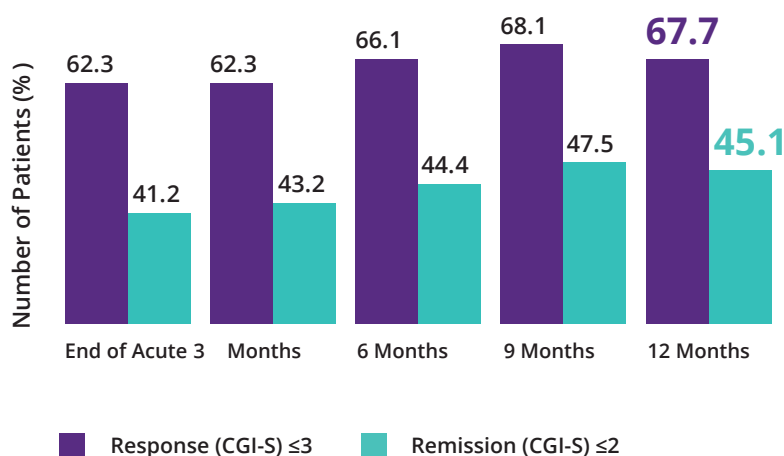
- Adult
- Major Depressive Disorder diagnosis without psychotic features
- Unsatisfactory benefit from anti-depressant medication trial

### 3. How is NeuroStar treatment different than medications?

NeuroStar treats the source of the problem – the underactive cells in your brain<sup>2</sup>. Medications affect your entire body which is why they often have systemic side effects.<sup>1</sup> The most common side effect of NeuroStar is discomfort at the treatment site, and many patients find this lessens after the first week of treatment.<sup>2</sup>

The chances you will achieve remission with another antidepressant after 3 medication failures is less than 7%.<sup>3</sup> In a NeuroStar study 33% of patients achieved remission, and 62% had a positive response.

Only TMS With Durability Over 12 Months<sup>1</sup>



### 4. How is NeuroStar treatment different than Electroconvulsive Therapy (ECT)?

ECT	TMS
<ul style="list-style-type: none"><li>• Conducted in an outpatient hospital setting</li><li>• Patient restrained / sedated under anesthesia</li><li>• Seizure induced</li><li>• Cognitive impairment (memory loss/confusion)</li><li>• Must have someone drive patient to/ from appointment</li></ul>	<ul style="list-style-type: none"><li>• Provider's office</li><li>• Patient fully awake and sitting – <i>no restraints or sedation</i></li><li>• Seizure NOT induced</li><li>• No cognitive impairment<sup>2</sup></li><li>• Patient can drive to/from treatment</li></ul>

1. Post A, et al. (2001). *J Psychiatric Research*, 35:193-215 6.; Liston C, et al.(2014). *Biol Psychiatry*, 76(7):517-26.  
2. Janciak, PG et. al. (2008). *J Clin Psychiatry*, 69(2):222-232.  
3. McGrath PJ, et. al. (2006) *Am J Psychiatry*, 163(9): 1531-1541.  
4. Carpenter LL, et. al. (2012) *Depress Anxiety*, 29(7): 587-596.  
5. George MS, et. al. (2010). *Arch Gen Psychiatry*, 67(5): 507-516.  
6. Dunner DL, et. al. (2014). *J Clin Psychiatry*, 75(12):1394-1401

# Clinical Questions

## 1. What are the chances NeuroStar® treatment will work?

In clinical trials after the acute phase of treatment, 33% of patients achieved remission, and 62% had a positive response<sup>4</sup> (50% reduction in symptoms).<sup>4</sup>

*In our office we see a positive response of \_\_\_\_\_ and a remission rate of \_\_\_\_\_.*

## 2. What about trying another medication first?

You can discuss that with your provider as an option. The STAR\*D study showed that after 3 antidepressant medication failures, the chance of remission is less than 7%<sup>3</sup>.

## 3. Do I have to and/or will I be able to stop taking my antidepressant medications?

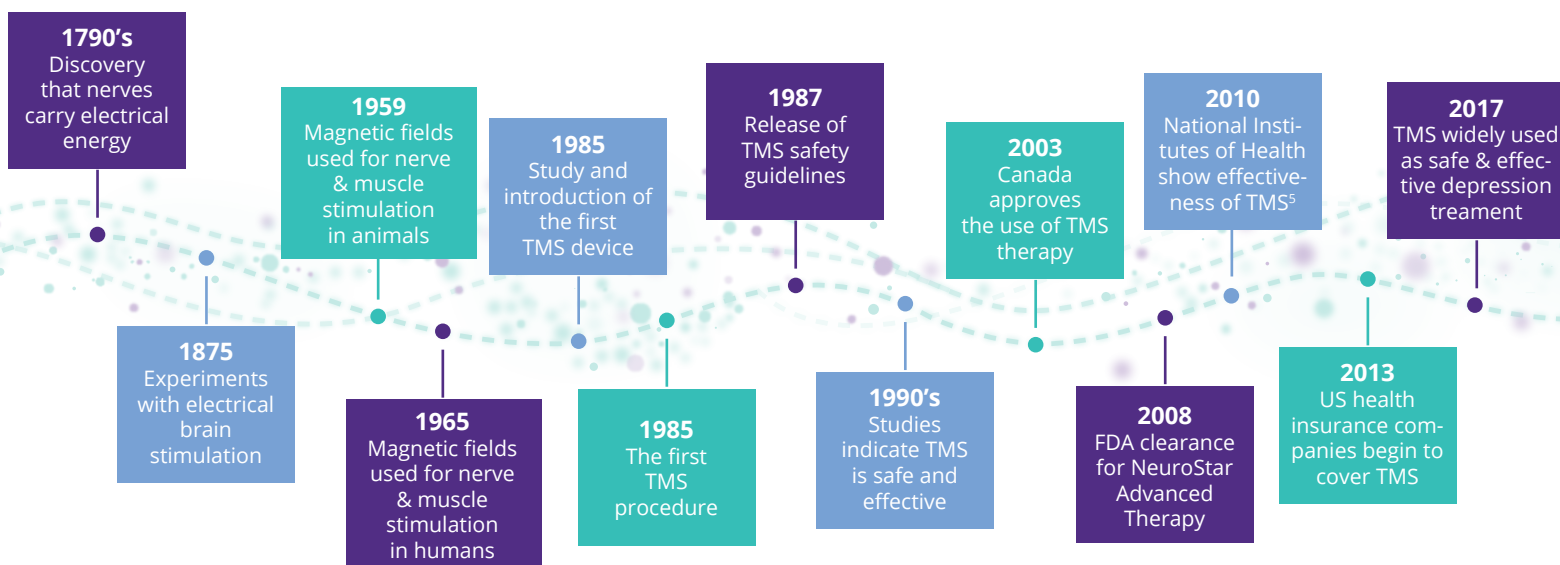
The Provider will discuss your medications during the clinical consultation, but most likely s/he will ask you to stay on your meds and be consistent. S/he will evaluate you again upon completion of NeuroStar treatment to see if you can stop any medications and/or take a lesser dose. Be sure to discuss this with your provider if this is a goal for you.

## 4. When will I start to feel relief from my depression symptoms?

Clinical studies show that patients feel a therapeutic benefit around Week 4. Some people begin to experience symptom relief sooner while others feel it later.

## 5. How long has TMS been studied?

TMS has been studied for over 30 years since 1985. NeuroStar was FDA cleared in 2008 for treatment of Major Depressive Disorder.



# Questions About Treatment

## 1. How long does each daily treatment last?

Your treatment will last just under 19 minutes each day, and your full appointment should take no longer than 30 minutes. Your first treatment may take up to 60-90 minutes when the doctor determines the location and dosing of your treatment.

## 2. What are the NeuroStar® treatments like (does it hurt, what does it feel like)?

You get to relax in a comfortable reclining chair. You will feel a tapping sensation on the front part of the left side of your head. Everyone perceives the pulses differently, and your provider can make adjustments so you are more comfortable.

## 2. What if I need more NeuroStar treatments?

The Provider will evaluate you to determine your best plan of care to achieve your best results.

## 2. Do I need to come every day for treatment?

You will need to come 5 days a week for 4-6 weeks and most likely for 3 additional weeks to slowly step down your treatment. The Provider will make his/her recommendation during your Clinical Consultation.

## 2. What if I miss some treatments?

If you miss a day(s) due to unforeseen circumstances (illness, injury, etc), your Provider will make a recommendation on how to proceed with treatment. However, if you have planned time away (vacation, etc) then your Provider will decide whether to start your NeuroStar treatment before or after your time away.

# Efficacy & Side Effects

## 1. How long does the treatment effect last?

NeuroStar conducted a clinical study that showed that after 12-months, 45.1% of patients maintained remission, and 67.7% of patients maintained a positive response to treatment. 36.2% of these patients had an additional set of treatments, an average of 16 sessions. Many patients find that they do not need additional treatments after their initial course of therapy.<sup>6</sup>

## 2. What if NeuroStar doesn't work?

The care team at your provider's office will do everything possible to help you get the best result. Our team encourages patients to keep up with their other depression treatments simultaneously including medications, talk therapy and lifestyle modifications throughout their NeuroStar treatment. If you do not have a positive response, your Provider will discuss other treatment options with you.

## 3. What are the side effects of NeuroStar Advanced Therapy? Any long term effects?

The most common side effect is discomfort at the treatment site. Some patients complain of a headache following treatments for the first few days. Your doctor may recommend taking an over-the-counter medicine before your treatment if you experience discomfort. Most patients find any discomfort lessens after the first 5 days of treatment.

## 4. How does NeuroStar treatment work?

NeuroStar uses an MRI\* strength magnet to stimulate the areas of the brain that control depression to increase blood flow, glucose metabolism, and the chemicals (neurotransmitters) that are underactive in patients with depression.<sup>1</sup>

*\*magnetic resonance imaging*

## 5. Will NeuroStar treatment help with my anxiety? OCD? Tinnitus? Other?

NeuroStar is indicated for treatment of Major Depressive Disorder.

Visit [neurostar.com](https://neurostar.com) for indications for use and safety information.