

SSRIs increase serotonin, a chemical in the brain that affects mood. Studies suggest those suffering from depression have a chemical imbalance whereby serotonin stops between the synapse, the gap between nerve cells in the brain. Simply put, antidepressants are purported to stop receptors from "turning off" serotonin.

Antidepressants do not hone in on a specific area of the brain. They alter the entire biology of a person, including the nervous system which uses those same transmitters. The result is those less than desirable side effects.

Our brains are what makes us who we are; our own unique selves. Our behavior, moods, feelings and a myriad of functions and emotions are tied into the sophisticated magnificence of this amazing organ--it runs the show.

A seven-year study, the Sequenced Treatment Alternatives to Relieve Depression (STAR*D), conducted by the National Institute of Mental Health concluded that when medication was used for depression a third of patients got better; a third received some benefits, and others received no benefits at all.

For those two-thirds of patients that continue to suffer from depression, the statistics seem bleak.

associated with antidepressants. The patient can resume regular activities immediately after each session.

Through followup sessions each week for three to six weeks, patients have reported significant improvement in depression symptoms. In clinical trials, one out of three experienced complete symptom relief at the end of a six-week period.

The Experts: Dr. Edward Fruitman, a nationally-recognized expert in the field of Psychopharmacology, is the first psychiatrist to use TMS therapy in the Five Towns area of Long Island and is among an elite few in Long Island that uses this procedure as part of his methodology. Dr. Fruitman's approach to mental health is treating the whole person as a unique individual.

"We cannot treat all patients with one neurobiological set of rules. What we know now through the study of human behavior, nutrition neurotechnology, holistic treatment and the complexities of the human brain is that we must focus on the whole person and gear our treatment toward his or her's unique psychological and physiological makeup. TMS is not only the future for treating depression, but may also be very beneficial toward treating other neurological disorders such as Parkinson's, Alzheimer, and migraines."

The Lecture: Dr. Fruitman's lecture will focus on the benefits of using TMS therapy and mental wellness. He has conducted hundreds of sessions using TMS therapy. You'll learn not only about the latest treatments, procedures and medications to treat depression, but holistic methods you can start using immediately. You'll receive a free copy of his publication, "Healing the Mind--Ten Steps you Can Take to Improve Your Mental Wellness and Mood." The lecture also includes an intensive question and answer session.

Learn what you need to do in order to improve your life. Take the next step toward relieving your depression, once and for all. Schedule a free consultation with Dr. Fruitman and his staff to find out what *your* therapy should be in order to live the life you deserve--fully, and with limitless possibilities.

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AND THE FUTURE OF MENTAL

The Future for Treating Depression

In 2008, the FDA approved Transcranial Magnetic Stimulation (TMS) to treat adults with major depression. NeuroStar TMS Therapy® is a system whereby patients sit in a comfortable chair (much like a dental chair) and a magnetic coil is placed against one side of the scalp. Using focused magnetic impulses to the left prefrontal cortex (area of the brain believed to regulate mood), this outpatient procedure takes approximately 30 minutes and is similar to an MRI scan.

During the procedure, the patient is monitored continuously to ensure correct position and comfort level. Some patients watch television; others talk to the clinician and others opt to drift to a state of total relaxation. The patient and clinician are in control and the procedure, painless and non-invasive, is free from the adverse systemic side effects

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Dr. Edward Fruitman is a Diplomat of the American Board of Psychiatry and Neurology. He has a Bachelor of Science in Biology and a Bachelor of Arts in Psychology from the University of Michigan, and received his Doctor of Medicine (MD) from Michigan State University, College of Medicine. Dr. Fruitman is a nationally-recognized speaker with over 700 lectures and presentations to his credit at medical conferences and educational settings. He has served as Medical Director for a large non-profit agency with outpatient psychiatric treatment centers in New York for 15 years and treats private patients by appointment at his private practice, South Shore Neuropsychiatric Center, in Hewlett, New York.

To learn more, visit www.southshoretms.com or call 516-295-4867.