

TMS: A POWERFUL AND
NON-INVASIVE METHOD TO
TREAT DEPRESSION



Dr. Fruitman with the
NeuroStar TMS in his South
Shore Neuropsychiatric
Center in Hewlett, NY



By Brigitte Surette

THE ALARM SHRILLS IN THE MORNING SIGNALING YOU TO GET UP. You hit the snooze button and hope that this may be the day you're able to find some purpose, joy, or maybe a little excitement about anything. Anything besides that familiar feeling of numbed, inexplicable sadness.

As you lie there, you realize that this day is going to be like so many others before it. You drag yourself out of bed and go through the motions, seeing people and places in a kind of gray, dreamlike state while berating yourself for feeling the way you do. Family members and friends are concerned. Some are kind, some tell you that there are others *far worse off than you*, and still others tell you to *snap out of it*. You wish you could, but you don't have the desire or strength to feel any other way.

You have strange aches and pains. Headaches. Backaches. Joint pain. You're moody, anxious, worried, and angry. Your physician can't find anything wrong with you. You describe your symptoms and she/he prescribes an antidepressant.

You try one, then another. In the meantime, you may suffer through a period of increased or decreased appetite, insomnia/drowsiness, increased anxiety or lack of sexual desire or function. Some of these effects may go away, others may not. You learn about neurotransmitters and chemicals of the brain; serotonin, dopamine and how certain medication affect these. But what is wrong with yours?

TMS DEPRESS

Edward Fruitman, MD

NAVEL
EXPO

LECTURE: 3:00 PM RM C

Depression and the Complexities of the Human Brain

Depression. It manifests itself in a number of ways. Some of the greatest artists, writers, physicians and everyone in between has suffered and suffers from depression. The 1950s brought Monoamine oxidase inhibitors (MAOIs) and Tricyclic Antidepressants (TCAs) that relieved some sufferers, but posed numerous and dangerous side effects.

In the late 80s, the Mac Daddy of antidepressants, Prozac, was released and millions benefitted from it. Prozac was the wonder drug: a Selective Serotonin Reuptake Inhibitor (SSRI) and the grandfather of the ones that came after; Zoloft, Paxil, and Effexor, to name a few.