

Thrive TMS Quick Facts for PROVIDERS

Indications: Adult MDD, Depression with Anxiety, OCD, migraine with aura, nicotine use disorder

Potential impending indications based on current research: Adolescents, PTSD, GAD, Bipolar depression

- *Note: several providers are treating depression and anxiety concurrently based on protocols from current research with significant improvement in GAD7 scores and overall reports of anxiety. This is off-label at present. We do treat anxiety in the context of depression here at Thrive.*

Contraindications:

- Metal implants near the head (dental fillings and titanium ok), pacemaker/electrical implants
- Epilepsy
- Severe head trauma, CNS tumor, dementia, or risk for increased intracranial pressure
- Unstable medical symptoms or active psychosis

Pros:

- Efficacy: Approx. 86% significant reduction (symptoms decreased by at least 50%), approx. 60% remission
- Durability: 70-84% retained response at 12 mos
- Tolerability: no systemic side effects (vs. meds), no long-term side effects
- Feasibility: non-invasive, no sedation or hospitalization (vs. ECT)

Cons:

- Time commitment: daily sessions (5-30 min), 5 days/wk, 6 wks
- Approx. 35% report temporary pain or discomfort at coil site during initial treatment (*resolves after 1 week*)
- 0.1% risk of seizure per patient (vs. tricyclic antidepressants 0.4-2%, bupropion 0.4%, SSRI's 0.1-0.3%, SNRI's 0.2-0.3%, atypical antipsychotics 0.4-0.9%)

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Insurance we accept for TMS: BCBS, MODA, Pacificsource, Samaritan, First Choice Health, Aetna, Tricare/Triwest, Providence, United, Optum, Kaiser Added Choice

Self-Pay: We offer payment plans up to 6 mos for folks not covered by insurance. We also include low frequency stimulation for anxiety (if indicated) at *no extra charge*. Additionally, we offer hardship scholarships based on income and need (application required).

Mindfulness+TMS focus: We have partnered with Amy Hollaran-Steiner, LCSW and experienced MBSR Trainer, to create a mindfulness program specifically tailored for our TMS patients! Our mindfulness program utilizes Amy's MBSR-based workbook with education/practice tailored to each week of TMS, and online access to Amy's youtube channel with guided meditations, instruction, education, etc. Additionally, we utilize Headspace and provide our patients with a free annual Headspace membership.

Who is a good candidate?: Depression of all types responds to TMS. Anxiety disorders also respond well. Research has shown improvement in addictive/compulsive behaviors, PTSD, ADHD, and other symptoms but more research is needed. *At this time insurance will only cover TMS for MDD, Depression with Anxiety, and OCD.*

Who is not a good candidate?:

- active heavy substance abuse (including heavy ETOH or heavy cannabis use)
- poor med compliance
- dysregulated/severe personality disorder
- someone who can't commit to the daily schedule or has barriers like unreliable transportation or lives far away
- any of the contraindications above

How to refer: Traci is our TMS Coordinator. *Please call Traci at our main number (503) 379-0208 for referrals or fax information to our secure fax line (503) 662-6068 and we'll take it from there.*

FYI: You can tell your patients to expect a call from one of our staff to clarify any clinical details, discuss TMS, discuss insurance coverage/finances (we check each patient's specific benefits and provide a written breakdown so there are no surprises), meet with one of our TMS clinicians, and answer all questions. From that point, we submit for prior authorization, TMS is usually approved within a week. We will then call to schedule.