

JUST. FEEL. BETTER.



OPTIMIND



TMS
Treatment Centres



WHAT IS TRANSCRANIAL MAGNETIC STIMULATION (TMS)?

TMS uses a magnetic pulse to induce an electrical current.

TMS is used to painlessly stimulate targeted focal areas of your brain. Depending on the type of stimulation and target area, this stimulation can either increase or decrease neuronal activity.

Medical science describes this as “re-calibrating a circuit that is recalibratable”. Our clients describe it as giving them their life back.



WHAT CONDITIONS ARE TREATED BY TMS?

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TMS is a physician-directed and evidence-based treatment approved by Health Canada in 2002 for treatment-resistant major depressive disorder. It has since received FDA and CE approvals as a safe and effective treatment for a number of conditions.

At Optimind we most commonly provide safe and effective treatment for:



Depression



Anxiety



PTSD



Pain



Memory & Cognition



OCD

We also treat symptoms related to post-stroke, TBI, and Parkinson disease. We provide TMS in conjunction with designated providers in the treatment of substance use disorder.

TREATMENT COURSE

Standard **OR** Accelerated

One session per day, five days per week for six weeks

Six sessions per day for five days

TMS uses magnetic pulses to stimulate targeted areas of the brain that are known to be either overactive or under active in certain conditions or diseases. To change existing patterns and create a sustained effect, multiple sequential sessions are used.

This process is like exercising your body. It takes practice and repetition to build your stamina to be able to run 10k, and do it consistently. Similarly, it takes repetition to make lasting changes to firing patterns in your brain.

Depending on the condition being treated, a typical protocol will consist of 30 TMS sessions. Each appointment is scheduled for half an hour.

WHAT TO EXPECT

What does TMS feel like?

While you will feel a sensation as the technician gently holds the coil against your scalp, TMS is not painful. And importantly, unlike medication, TMS treatment has no systemic side effects.

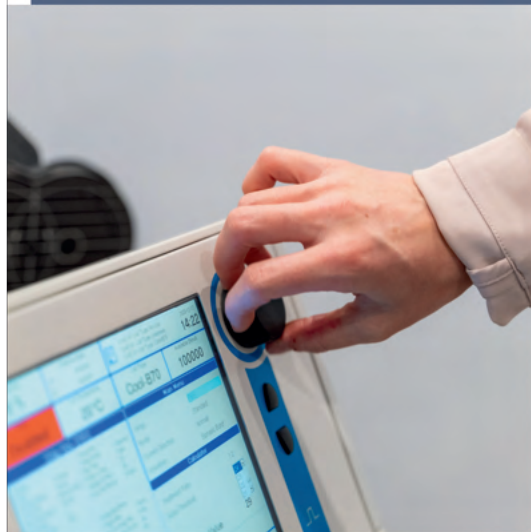


What are the side effects?

Mild headache, if it occurs in the first couple of sessions, can be treated with an over-the-counter analgesic. The only documented potential serious side effect is seizure, and the risk is identified at less than 0.01%

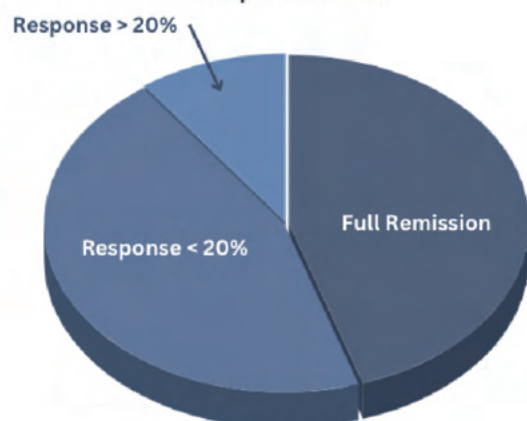
Most typical side effects are improved sleep, improved cognition/resolution of brain fog, and reduced cravings!

There is no down time needed following TMS – you can drive and go about your daily activities as usual before and after treatment sessions.



HOW EFFECTIVE IS TMS TREATMENT?

Treatment Resistant Depression

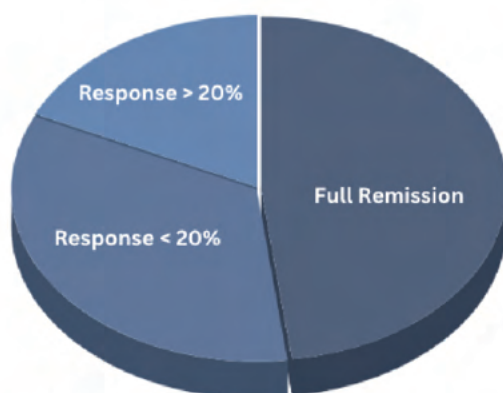


- **45%** of clients achieved full remission*
- **45%** of clients had symptom reduction greater than 20%
- **10%** of clients subclinical response

*Remission identified as BDI ≤ 9 PHQ9 ≤ 5

As Vancouver Island's longest standing and most highly trained TMS provider, we are proud to share the excellent outcomes experienced by our clients to date.

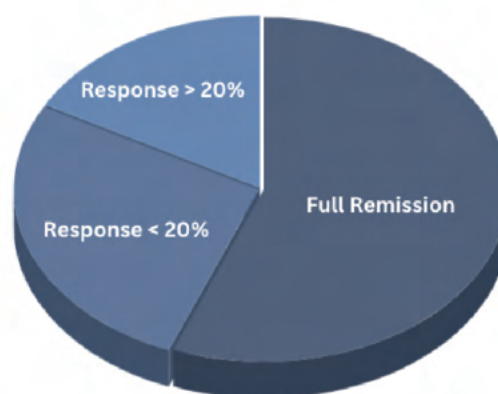
Comorbid Anxiety



- **48%** of clients achieved full remission*
- **34%** of clients had symptom reduction greater than 20%
- **18%** of clients subclinical response

*Remission identified as GAD7 ≤ 5

PTSD



- **56%** of clients achieved full remission*
- **27%** of clients had symptom reduction greater than 20%
- **17%** of clients subclinical response

*Remission identified as PCL5 ≤ 33

WHY HAVE I NOT HEARD OF TMS TREATMENT?

Good question!

TMS is an evidence-based treatment that is used around the world. In the US, it is funded by every major health insurer, as well as MediCare and MedicAid. In 2021 Australia allocated \$288.5 million specifically to TMS treatment. It is safe, and effective. TMS treatment is provided at institutions like the Mayo Clinic, Johns Hopkins, and at Harvard Medical in Boston.

IS TMS COVERED BY INSURANCE?

TMS is not yet funded publicly in BC. The cost of treatment ranges based on treatment protocol and can be found on our website:

www.myoptimind.ca/fee-schedule/

TMS treatment is fully covered for veterans, as well as in many cases, Armed Forces, and RCMP personnel.

Financing options are available through Medicaard.

LEARN MORE ABOUT US

We provide treatment at our beautiful clinic in Oak Bay, Victoria, and will be opening our second location mid-island very soon.

We encourage you to:

Visit myoptimind.ca

Email connect@myoptimind.ca

Call (250)-360-6998

We will be happy to set up a complimentary consultation so you can visit us, learn more, and

Just. Feel. Better.

medicard
by **ifinance**

