

# Transcranial Magnetic Stimulation (TMS) Therapy

Transcranial Magnetic Stimulation (TMS) is a neuromodulation therapy that offers new avenues of treatment for patients diagnosed with major depressive disorder. It has also been shown to provide symptom relief for a number of other neurological and psychological conditions.

TMS uses electromagnetic fields to generate currents in specific parts of the brain. Developed in 1985, this technology allowed researchers to perform noninvasive observations of brain function. Early studies showed a correlation between TMS to the left dorsolateral prefrontal cortex and the improvement of mood in some patients, leading to a series of clinical trials to determine the safety and efficacy of TMS for the treatment of mood disorders.

UVA researchers and physicians have been at the forefront of TMS therapy for more than 15 years, participating in the phase III clinical trials of TMS in the late 1990s, which ultimately led to the therapy's FDA clearance as a treatment for major depressive disorder.

Now, at UVA Psychiatric Medicine Northridge, UVA physicians utilize this breakthrough therapy to help patients with unremitting major depressive disorder, as well as other patients with neurological, psychological and pain disorders.

## Conditions Treated

### Major Depressive Disorder

TMS therapy is FDA-cleared for patients with unremitting major depressive disorder without psychotic symptoms. While most major insurers now cover TMS, a patient must fail four other types of medications/treatment in order to be reimbursed for this therapy.

In order to gain the maximum benefit from TMS, a patient must be able to commit time each day for four to six weeks. Each TMS session lasts 37.5 minutes. Sessions take place at UVA Psychiatric Medicine Northridge in Charlottesville.

### Other Conditions

While TMS therapy is currently only FDA-cleared as a treatment of major depressive disorder, it has been shown to alleviate symptoms in patients with additional neurological, psychological and pain disorders. For patients with the resources to pay out of pocket, UVA offers TMS therapy for a wide range of conditions including:

- Bipolar disorder
- Anxiety
- Post-traumatic stress disorder
- Substance abuse disorders
- Ophthalmological conditions
- Central pain syndrome
- Chronic pain
- Parkinson's disease

## Our Team

Our team of providers specializes in the utilization of TMS as a therapy for major depressive disorder, as well as other neurological, psychological and pain disorders.

**Nassima Ait-Daoud Tiourine, MD**

Psychiatry

**Anita Clayton, MD**

Psychiatry

**Zachariah Dameron III, MD**

Psychiatry

**David Hamilton, MD**

Psychiatry

**Tina Leftwich, RMA, CMA**

TMS Coordinator

### Psychiatric Medicine Northridge

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Refer a patient: **800.552.3723**

Transfer a patient: **844.XFERUVA (933.7882)**

Learn more about the UVA Neurosciences and Behavioral Health Center:

[neurosciences.uvahealth.com](http://neurosciences.uvahealth.com)