

# Transcranial Magnetic Stimulation (TMS)

## A Non-Drug Treatment for Depression

**Transcranial Magnetic Stimulation (TMS) is a neuromodulation therapy that offers a new avenue 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.

### Conditions Treated

#### Major Depressive Disorder

TMS therapy is FDA-approved for patients with severe major depressive disorder without psychotic symptoms. While most major insurers now cover TMS, a patient must have failed at least four medication trials 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 approximately 37.5 minutes, and patients are able to drive immediately after the treatment due to there being no need for anesthesia. Sessions take place at UVA Psychiatric Medicine Northridge in Charlottesville.

### Our Team

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*Psychiatry*

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