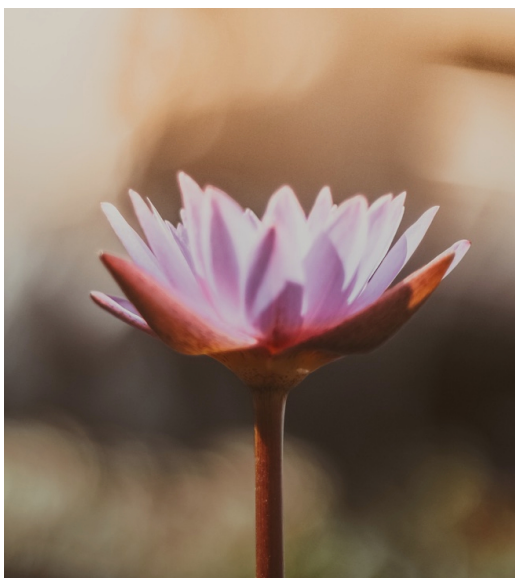




# rTMS

## Repetitive Transcranial Magnetic Stimulation

rTMS is a breakthrough therapy which can assist in your treatment of patients. It is an ideal alternative treatment if patients have not responded to medication, cannot tolerate their side effects, or prefer a drug free treatment.



Current indications for treatment are treatment-resistant depression (ie. failed two antidepressant medication trials).

Evidence-based therapy  
GP referrals accepted  
Local access

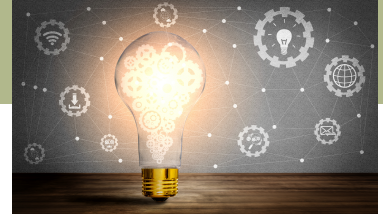
Administered by Ashburn's qualified psychiatrists  
Suitable for outpatients



Ashburn Clinic | [ashburn@ashburn.co.nz](mailto:ashburn@ashburn.co.nz) | 03 4762092

# Evidence-based therapy

- \* First approved in 2008, rTMS is an effective and evidence-based treatment for psychiatric disorders, especially depression.
- \* rTMS therapy has been demonstrated to be safe, well-tolerated and effective in numerous clinical trials and double-blind studies.
- \* MRI imaging has shown rTMS increases blood flow to the area of the brain being stimulated with subsequent therapeutic benefits.
- \* Close to 70% of patients receiving rTMS will feel some benefit and relief in depression symptoms.
- \* Most patients report feeling positive benefits some years after the initial treatment.
- \* Studies featuring patients with treatment-resistant depression place response rates in the order of 50% and such patients experience a reduced burden of disease as a result.



## Exclusions

rTMS should not be provided to anyone who has non-removable magnetic-sensitive metal in or in close proximity to, their head. Receiving treatment in this situation could result in serious injury or death. Objects that may be composed of this type of metal include:

- Electrodes to monitor your brain activity
- Metallic implants in your eyes or ears
- Shrapnel or bullet fragments
- Facial tattoos with metallic or magnetic-sensitive ink.
- Aneurysm clips or vascular coils
- Stents in your neck or brain
- Implanted stimulators
- Cochlear implants



## The process

1. GP refers patient for treatment.
2. The patient will be further assessed by Ashburn Psychiatrists and, if deemed suitable for treatment, rTMS therapy will be administered according to individual patient needs by a rTMS-trained doctor or therapist.
3. Ashburn Psychiatrist analyses rTMS treatment and manages follow-up and ongoing patient treatment.

### What a rTMS session involves

rTMS therapy is applied by a rTMS device with a stimulating coil. The patient sits reclined in a comfortable chair while the technician takes measurements of the patient's head. A coil is then placed onto the patient's head and treatment is started. The session lasts 30 minutes. Patients can resume normal day-to-day activities immediately after treatment.

### Our machine

We have sourced a top-of-the-line magnetic stimulator machine to treat psychiatric and neurological disorders using transcranial and peripheral magnetic stimulation with new-generation ergonomic coils.

### Treatment package: \$4,500

Our package includes an initial psychiatric assessment (\$600), a consent and fitting session (\$400), and 30 individual sessions (\$3,500). Sessions occur once every weekday for six consecutive weeks. The 30 sessions are required to be paid before treatment starts and is not refundable. Follow-up treatments after this are recommended (\$200 per session).