

## rTMS: A breakthrough in brain treatment

rTMS (repetitive Transcranial Magnetic Stimulation) is a non-invasive and effective technique that offers a drug-free solution by employing magnetic fields to stimulate nerve cells in the brain. This innovative therapy has been authorized by both the FDA and Health Canada for certain conditions, establishing it as a recognized choice for patients looking for alternative treatments.



## Eligible Candidates for rTMS

- Individuals dealing with depression, anxiety, OCD, and other neurological or psychiatric conditions may benefit from rTMS as an alternative to conventional medications.
- rTMS offers a solution for those who have not found relief through traditional treatments.
- It's essential to consult your doctor to determine if rTMS is right for you.
- Our clinic offers free consultation – please find out more or contact us for further details.

## Common Side Effects

- **Headache:** Often mild and temporary.
- **Scalp Discomfort:** Typically feels like a light tapping sensation.
- **Lightheadedness:** Some people may feel slightly dizzy after a session .
- **Tingling or Twitching:** These sensations are normal and usually decrease as your body adjusts to the treatment.





## Getting Ready for Your rTMS Session: What to Expect

**1**

### Screening & Consent

You will complete a screening questionnaire and provide informed consent. The procedure, benefits, risks, and alternatives will be explained to help you make an informed decision.

**2**

### Measuring Motor Threshold (MT)

To deliver a personalized dosage of stimulation, we initially stimulate the motor cortex to observe your muscle response. This process helps us find the optimal treatment intensity, ensuring enhanced effectiveness and safety.

**3**

### Placement of the Coil

You will be seated in a comfortable reclining chair. We will position the rTMS coil on your scalp over the specific brain region we are targeting. This will help us focus the treatment on the desired area.

**4**

### Stimulation

Based on your brain profile, we offer personalized rTMS treatments, including low frequency, high frequency, and iTBS protocols. Sessions last 5 to 30 minutes, depending on the protocol, and are typically administered daily over several weeks.

**5**

### Monitoring

Throughout the session, the technician will closely monitor and adjust the coil position and settings if necessary to ensure your safety and comfort.

**6**

### Maintenance

Maintenance sessions sustain treatment benefits and prevent symptoms return. They are less frequent and should be planned with your healthcare provider.