



**The Victoria Clinic**

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A Healthscope hospital.

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**The Victoria Clinic**

## Transcranial Magnetic Stimulation (TMS)

Innovative treatment of Depression



## What is Transcranial Magnetic Stimulation? (TMS)

Transcranial Magnetic Stimulation (TMS) is a technology that is being developed as a new treatment tool for depression and a number of other disorders. TMS is a procedure that involves the focused application of magnetic energy to superficial regions of the brain, changing the activity level of cells in stimulated areas. During a TMS procedure, an electrical current passes through a small coil placed close to the scalp, this current induces a magnetic field.

Pulses of the magnetic field are applied, and can pass into the brain without resistance. If the magnetic field is of sufficient strength it will stimulate electrical activity in nerves below the coil. TMS can be applied in differing ways to either increase or decrease local brain activity.



## TMS in Depression

Studies have been evaluating the role of TMS in depression for over 20 years. These studies have shown that TMS can relieve the symptoms of depression in a proportion of individuals suffering from this condition. It is possible that it acts by changing activity in areas of the brain that are abnormally active in patients with depression.

TMS treatment has progressively become more available in clinical practice. It has been available in Canada for a number of years and was licensed in the USA in 2008. TMS Treatment has been approved for use in Australia by the TGA (Therapeutic Goods Administration). TMS is also endorsed by the Royal Australian and New Zealand College of Psychiatrists.

## TMS at The Victoria Clinic

TMS treatment is provided to patients of the hospital who have been referred for treatment of depression. TMS is offered, often with other antidepressant treatment and therapies. It is particularly helpful for individuals who have struggled to achieve wellness with traditional therapies alone.

The most common indications for TMS treatment is where antidepressant medication has not relieved symptoms or it has not been well tolerated.

Each treatment session takes approximately 30 to 40 minutes and treatment is provided daily over the course of one to four weeks. TMS treatment is generally very well tolerated and appears to be free of major side-effects.

This treatment can be provided either on inpatient or outpatient basis.

## Fees, charges and health insurance

The Victoria Clinic is a preferred hospital and has contractual arrangements with most major health funds and compensable bodies which include Department of Veterans Affairs, Work Cover and Transport Accident Commission.

The Patient Services Staff at The Victoria Clinic will confirm health insurance entitlements and advise patients and their families, where possible prior to admission of any out of pocket expenses. They will also co-ordinate approval requirements for Compensable admissions. Patients who are not privately insured should speak with Patient Services Staff who will advise them of the fees.

## Referral process

To be assessed for suitability for TMS treatment, please fax your referral letter to **03 9521 7510**.

For further information please contact our TMS Coordinator.

Phone: **03 9526 0284**

Email: [tmscoordinator.tvc@healthscope.com.au](mailto:tmscoordinator.tvc@healthscope.com.au)