

# Ground Breaking Medication Free Guidelines Published for Treatment of Depression

*New Hope for People Suffering from Depression and other Mental Disorders. TMS is a Game Changer!*

NEW YORK, NY, USA, May 9, 2016  
/EINPresswire.com/ -- [16 million people suffer from depression](#) and 4 million of those who suffer do not get relief from medication.

TMS which stands for Transcranial Magnetic Stimulation, a safe, fast effective and non-invasive treatment is the solution. TMS is FDA Approved for Depression.

TMS is now covered by most insurances and Medicare for those who failed to respond to or had side effects on antidepressants. The first guidelines have been published for TMS.

The lead author, Dr. Tarique Perera is one of the world's foremost TMS providers. He is the founding president of the international Clinical TMS Society. "Now we have been able to standardize how TMS is provided. Tremendous input has gone in to these guidelines from top TMS providers from all over this country and throughout the world making this a true consensus which was my goal in forming the society years ago".

These guidelines co-authored along with Perera by Mark S. George, MD; Geoffrey Grammer, MD ; Philip G Janicak, MD; Alvaro Pascual-Leone, MD, PhD; Theodore Wirecki, MD will allow more doctors to effectively administer TMS helping those who suffer get better results. Doctors can now provide a novel treatment with a systematic approach. This eliminates a Wild West approach to TMS where anything goes. These thought leaders have short circuited the process with the first published guidelines.

In TMS we have a game changer.



Safe, Effective, Non-Invasive



Dr. Perera Treating a TMS Patient and Training Practitioners

Data from a major NIH study called the STAR D has shown that once a patient has tried 3-4 medications, the chance of next antidepressant working is less than 1%. As Albert Einstein said "trying the same thing over and over again and expecting different result is the definition of insanity". In patients who have failed or had side effects on 1-4 antidepressants we have a success rate comparison as high as 75-90%.

TMS is superior to medications because it is the only treatment that precisely targets the brain circuits involved in depression. In contrast drugs are highly non-specific and spread all over the body and brain causing side effects such as weight gain, stomach problems, and sexual side effects while only having limited effectiveness.

Unlike antidepressants that have to be taken lifelong to prevent relapse the benefits of TMS are highly durable. The average TMS course is only 6 weeks with just 30% of responders requiring follow up boosters over the next 5-6 years. Since TMS precisely targets brain regions using magnetic fields it is very safe. It has no side effects and has a 10 fold lower risk of seizures than medications and it can improve memory and focus. TMS is not shock therapy and does not involve radiation. It may be safer than a cell phone. In fact it is safer in children and pregnant women. Hence there are several people who will choose TMS before trying

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TMS is truly a paradigm shift in psychiatry for the first time ever, people can walk away well not just better!  
*Tarique Perera MD*

medications.

TMS is the first state of the art, scientifically proven, medication free treatment FDA cleared for depression.

It can be used for many other psychiatric and neurological conditions. Dr. Perera and his colleagues have had success in treating several conditions including compulsions (OCD), early onset of Parkinson's, Anxiety and [post-traumatic stress disorder \(PTSD\)](#). Our goal is to get people 100% well, not just better.

Recently on The Daily Show, Neal Brennan spoke to host Trevor Noah raving about the great experience he had with TMS after trying 5 medications and other forms of therapy.

TMS on CBS hear what patients have to say: [https://www.youtube.com/watch?v=M9APJGiwn\\_k](https://www.youtube.com/watch?v=M9APJGiwn_k)

About Dr. Perera

Dr. Tarique Perera MD graduated Harvard Medical School and completed residency training at Columbia University, College of Physicians and Surgeons and the New York State Psychiatric Institute (NYSPI). He was formerly the Director of the Basic Science at the Division of Biological Psychiatry at NYSPI where he conducted research on neurogenesis the formation of new neurons which is



*...Innovative Solutions in Psychiatry...*

Contemporary TMS Centers of Excellence

essential for treating depression. He adobo teaches at Columbia's ECT course and is considered a "thought leader" on psychopharmacology and is a husky dejected as one of the best Psychiatrists in America. He is currently studying MRI guided TMS as a collaboration between Contemporary Care and Columbia University and CEO of Contemporary Care and Contemporary TMS.

[www.contemporarytms.com](http://www.contemporarytms.com)

[www.contemporarycare.net](http://www.contemporarycare.net)

#### About the TMS Society

Founded In January 2013 by Dr. Tarique Perera, the Clinical TMS Society was established as a 501(c)(6) legal entity. The Society includes TMS providers with extensive clinical and research experience from across the United States and the world. The Society hopes to assist members in optimizing the administration of TMS, develop novel indications for TMS therapy, expand insurance coverage, increase public awareness of TMS, and advertise individual TMS clinics.

As TMS shifted from the research lab to the clinical practice there has been a growing need for an entity that permits providers to collaborate and address the challenges faced by this novel therapy in its formative years. The TMS Society meets these needs with over 300 doctors worldwide participating.

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