



## Join Us in Changing the Conversation Around Depression

Integrative NeuroLife Center (INC) provides TMS therapy for the treatment of depressive symptoms, conveniently located in the heart of Nashville. INC accepts clients within the continuum of Integrative Life Center's mental health and substance use treatment programs as well as external referrals in the Nashville area. INC works with major insurance providers.

### CONTACT US



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A new hope in treating depression.



### FAQs

#### ARE THERE ANY SIDE EFFECTS?

Headaches and scalp tenderness during the first week or so of treatment may be experienced but generally resolve on their own. There are no necessary changes to your habits or routines needed. You may drive yourself to and from the clinic, as well as eat and drink fluids before and after your appointment.

#### ARE THERE ANY DISQUALIFIERS?

Yes. History of seizure disorder, non-removable metal in or near the head, and psychosis are all contraindicated.

#### WHO DO WE TREAT?

The FDA approves the use of TMS for Major Depressive Disorder (MDD), Anxious Depression, Obsessive Compulsive Disorder (OCD) and patients with depressive symptoms.

#### DOES IT HURT?

No, it does not hurt.

## What is TMS?

TMS (Transcranial Magnetic Stimulation) is a **non-invasive, non-pharmacological** treatment for Major Depressive Disorder (MDD), Obsessive Compulsive Disorder (OCD), and those experiencing symptoms of depression and anxiety. TMS uses magnetic pulses delivered to the left prefrontal lobe of the brain, creating intracerebral currents for the purpose of neuromodulation. Neuromodulation “retrains” the brain to return to the wholeness and stability of mood which existed prior to the onset of depressive symptoms.

For those who have tried the same prescription treatments time and time again with minimal results that don't last, **there is another way.**

TMS therapy offers **real hope** and an **alternative to pharmaceutical interventions** that is FDA-approved, highly impactful, and has the added benefit of **little to no side effects.**



## Our Services

For those facing the challenges associated with depression, daily life can feel hopeless. This is especially true for those individuals who have tried other treatments including antidepressant medications and/or psychotherapy with no relief of symptoms. Transcranial Magnetic Stimulation (TMS) may be right for you. This treatment approach to achieving remission is bringing new hope to people every day.

Integrative NeuroLife Center (INC) offers TMS treatment to individuals, ages 18 to 65, suffering from depression and anxiety who want an alternative solution for managing their symptoms. Our Nashville center provides outpatient TMS treatment for both local clients and individuals currently receiving care within Integrative Life Center's treatment continuum.

## INC Services Include

- Free Consultation and Assessment
- Psychiatric Evaluation
- TMS Treatment

Treatment includes five sessions per week for 6-7 weeks. Each TMS treatment consists of evaluation and monitoring of progress with symptoms, followed by an 18-minute session.

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***Our team will be with you through every step of the TMS treatment process.***



## Real World Results

**83% PROVEN DEPRESSION RELIEF**

A real-world study reported an 83% response rate, meaning that **83% of patients** who completed their NeuroStar® treatment cycle saw **measurable improvement in their depression symptoms.**

### THE PHYSICIANS CHOICE

INC uses NeuroStar®, the #1 physician-recommended TMS treatment, with over 4 million treatments administered, for over 115,000 people.

### RESULTS THAT LAST

NeuroStar® is the only TMS therapy with demonstrated durability in treatment-resistant depression patients through one year.