

## A New Non-Medication Treatment is FDA Approved for Depression

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Depression is a serious medical condition affecting over 14 million Americans yearly. It threatens relationships, jobs and even lives, leading to loss of functioning & enjoyment in life.

This October, the Food & Drug Administration (FDA) approved a new depression treatment, called Transcranial Magnetic Stimulation, or TMS Therapy. *TMS therapy is not experimental!* It has been proven safe and effective treatment of depression in adults not responding well to at least 1 prior medication. In over a decade of psychiatric practice, I've prescribed dozens of new depression medications, which were not always fully effective. This exciting new TMS Therapy is the first office-based device offering results equivalent to medication, but without the side effects. TMS uses strong magnetic fields (like an MRI) placed against the head, to restore normal brain cell functioning. Some patients dislike "having to stay on medication," so TMS a natural, holistic alternative treatment. Most patients responding to TMS stayed symptom-free after six months!

Depression is a medical problem, caused by life problems, stress, and genetics. Some depressed people may be just irritable & withdrawn, rather than sad. They often struggle to get out of bed, work, or do simple tasks. Progressive negative thinking causes hopeless and risk of suicidal impulses, so quick & effective treatment is vital. Untreated depression bouts get worse & more frequent.

Common depression symptoms include:

- Sad or depressed mood for at least 2 weeks
- Lack of interest or pleasure in typical activities
- difficulty thinking or concentrating
- Feeling worthless, hopeless, or guilty
- Thoughts about death or suicide
- Changes in sleep habits or energy
- Significant weight gain or loss

Psychiatrists are medical doctors specializing in diagnosing & treating chemical imbalances in the brain like depression. Unfortunately, over 4 million patients treated each year see little or no improvement. Medications may cause unwanted side effects of weight gain, sexual problems, upset stomach, sleepiness, agitation, dry mouth & seizures. They interact with other medications. Unlike medication, TMS therapy is non-systemic & non-invasive. It doesn't involve medicine in the blood stream, surgery, electric shocks, anesthesia or sedation, so it has no medication-type side effects. TMS treatments are given weekdays, for 4-6 weeks in the office. Most patients improve by week two, & then keep getting better! Some insurance companies already pay for TMS, so we can contact yours or authorization. Our office has a patient assistance program for low income patients, payment plans & financing. Insurance pays for an evaluation to see if TMS therapy is right for you.

TMS Therapy is FDA approved for depression, but other specialists suggest it may also help conditions such as migraine, fibromyalgia, chronic pain, OCD, addictions, and possibly other conditions. My hope is that depressed patients treated with TMS get help with these other problems. TMS can only be prescribed by a psychiatrist, so I'm very pleased to be the first psychiatrist offering this cutting-edge treatment in Mission Viejo, CA.

About The Doctor:

Kevin M. Kinback, M.D. is a board-certified psychiatrist and an Assistant Clinical Professor of Psychiatry at the Loma Linda University School of Medicine. He offers full psychiatric services, including the new TMS Therapy in his Mission Viejo Office located at 26391 Crown Valley Parkway, #110. To learn more about TMS & Dr. Kinback, visit [www.DrKinback.com](http://www.DrKinback.com), or call 949-768-2988.

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