

— PATIENTS & RELATIVES

TMS for OCD*

An introduction

- FDA cleared adjunct therapy for Obsessive Compulsive Disorder*
- Outpatient procedure
- Does not affect cognitive function
- No anesthesia



*Indications for use

MagVenture TMS Therapy is indicated as an adjunct for the treatment of adult patients suffering from Obsessive-Compulsive Disorder.

MagVenture TMS Therapy
Stimulating mental health.

Introduction



This pamphlet is a brief introduction to TMS and to MagVenture TMS Therapy as an adjunct for the treatment of OCD. It is intended as a supplement to the consultation and advice from your physician, but does not replace these.

For more information on what to expect from the treatment, including what type of side effects you may experience (e.g. headache, worsening of OCD symptoms) you should talk to your doctor. TMS Therapy is a medical procedure and any side effects experienced during or after receiving the therapy should be reported to your doctor.

Your doctor's phone number:

What is Transcranial Magnetic Stimulation (TMS)?

Adjunct OCD therapy with MagVenture TMS Therapy is a procedure where TMS Therapy is combined with other types of therapy, typically medication or behavioral therapy.

MagVenture TMS Therapy® consists of repeated cycles of TMS followed by rest periods. Diagnosis and initial session is performed by a licensed physician. The remaining TMS treatment sessions are typically conducted by trained staff under the supervision of the physician.

TMS is non-invasive and does not require any anesthesia. As there is no recovery period, the patient can immediately return to his or her usual activities. TMS is not to be confused with ECT, and does not affect cognitive function such as memory.



MagVenture TMS Therapy as an adjunct therapy for OCD uses short magnetic pulses to target the exact areas in the brain that are affected by OCD. The magnetic coil which delivers the TMS treatment is placed on top of the head as shown on the picture above.

Clinical studies have demonstrated that repetitive magnetic stimulation over this part of the brain, the prefrontal cortex, is safe and effective for the adjunct treatment of OCD.

OCD

OCD is a mental health disorder characterized by unreasonable thoughts and fears (obsessions) which may lead to repetitive behavior (compulsions).

OCD can severely affect one's daily life and routines and cause distress or even functional impairment. Although pharmaceutical and psychological interventions are available, some OCD patients experience limited results from these and need more therapeutic options.

TMS therapy as adjunct OCD therapy: 6 Frequently asked questions

Have you or a loved one been diagnosed with OCD? Are you considering different treatment options, including TMS therapy?

Below are answers to some of the questions and concerns you may have about TMS.



1. What is TMS?

TMS is a non-invasive treatment where magnetic pulses are delivered to stimulate specific nerve cells in the brain. TMS is also known as rTMS (repetitive transcranial magnetic stimulation) because more than one magnetic pulse is delivered to the brain during a treatment session.

2. Am I a candidate for TMS?

MagVenture TMS Therapy is available by prescription only. Your doctor will use medication dosing records and questionnaires as well as other measures to determine whether or not you are a candidate for MagVenture TMS Therapy.

3. How long does it take?

A full treatment course lasts 6 weeks with one 18 minute MagVenture TMS Therapy session per day for 5 days (week 1-5) and one treatment session per day for 4 days (week 6). MagVenture TMS Therapy as adjunct OCD treatment means that other types of therapy, typically behavioral therapy and/or medication may also be included in your treatment plan. Just before each TMS session, your physician or TMS operator will provoke or trigger your OCD symptoms. Studies show that this procedure, which has been tailored individually, may improve your response to the TMS therapy.

4. What does TMS feel like?

You sit in a chair in a relaxed position. When the magnetic pulses are delivered you hear a clicking sound and feel a tapping sensation on your head. Many patients are able to watch television or read during treatment.

5. What is the likelihood that TMS will help improve my OCD?

Clinical studies report a 38% response rate for those receiving active treatment after completing the full 6 week treatment course¹. For those who received sham (placebo), the response rate was 11%. A one-month follow-up showed 45% response in the active group and 18% in the sham group.

6. Are there any side effects to MagVenture TMS therapy?

TMS may, for some, cause headache or nausea and counter pain meds may therefore be taken prior to treatment, if needed. You should, however, be able to resume your daily activities right after treatment. Bear in mind that TMS Therapy is a medical procedure and any side effects experienced during or after receiving the therapy should be reported to your doctor.

¹Carmi et al, 2018, *Am J Psychiatry*: Efficacy and Safety of Deep Transcranial Magnetic Stimulation for Obsessive-Compulsive Disorder

TMS in short

- TMS: Transcranial Magnetic Stimulation
- Series of pulsed magnetic stimuli to the brain
- Safe, with high tolerability
- Free from common drug side effects
- Most common side effects from TMS are headache and nausea
- Does not affect cognitive function
- Patients are able to resume daily activities right after treatment
- To be used in combination with current therapy such as medication or behavioral therapy (as determined by physician)
- Covered by most insurance providers



What happens during a MagVenture TMS Therapy session?

A **pillow** is used around the patient's head. The pillow becomes rigid once the air is evacuated. This helps ensure that the patient's head is stable and that the patient is comfortable.

A TMS operator or physician places the **TMS coil** on the patient's head as marked on the cap and starts the TMS treatment.

This is the **MagVenture stimulator**. An OCD treatment session lasts 18 minutes. A full treatment course takes 6 weeks and consists of 29 sessions in total.

The patient wears a **cotton cap** marked with the exact treatment spot.

TMS Therapy does not require anesthesia and the patient is thus fully awake during **treatment**. Some enjoy reading a book or listen to music.

The patient is seated in a reclinable **treatment chair** with head- and footrest.



Patient Questionnaire

To identify if MagVenture TMS Therapy is right for you, your physician will ask you questions like:

yes no Do you have epilepsy or have you ever had a convulsion or a seizure?

yes no Have you ever had a fainting spell or syncope? If yes, please describe on which occasion(s)?

yes no Have you ever had a head trauma that was diagnosed as a concussion or was associated with loss of consciousness?

yes no Do you have any hearing problems or ringing in your ears?

yes no Do you have cochlear implants?

yes no Are you pregnant or is there any chance that you might be?

yes no Do you have metal in the brain, skull or elsewhere in your body (e.g., splinters, fragments, clips, etc.)? If so, specify the type of metal.

yes no Do you have an implanted neurostimulator (e.g., DBS, epidural/subdural, VNS)?

yes no Do you have a cardiac pacemaker or intracardiac lines?

yes no Do you have a medication infusion device?

yes no Are you taking any medications? (please list)

yes no Did you ever undergo TMS in the past? If so, were there any problems?

yes no Did you ever undergo MRI in the past? If so, were there any problems?

yes no Did you ever undergo ECT in the past? If so, were there any problems?

Affirmative answers to one or more of these questions do not represent absolute contraindications to TMS, but the risk/benefit ratio should be carefully balanced by the physician.



For more information about MagVenture TMS Therapy,
please go to

www.magventure.com

Treatment should only be carried out by licensed physicians or educated technicians supervised by physicians. To learn if you might benefit from this treatment, please talk to your doctor. Your doctor will also inform you of safety aspects as well as possible side effects.

TMS treatment may not be effective or appropriate
for all patients with OCD.

Relapse may occur without follow-up treatment. You should
discuss long-term treatment planning with your doctor.

Federal law restricts this device to sale by or on the order of a physician.

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