



TRANSCRANIAL MAGNETIC STIMULATION

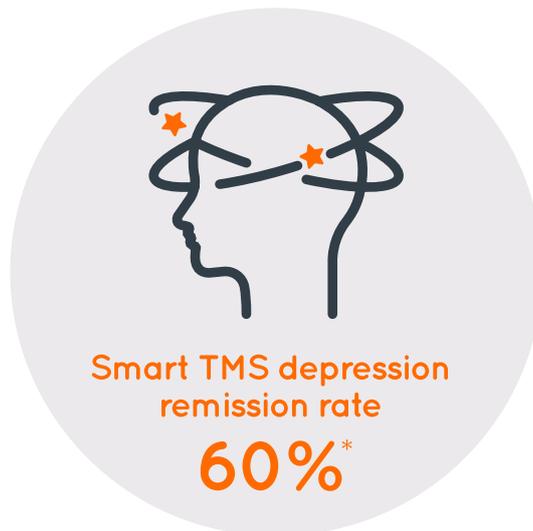
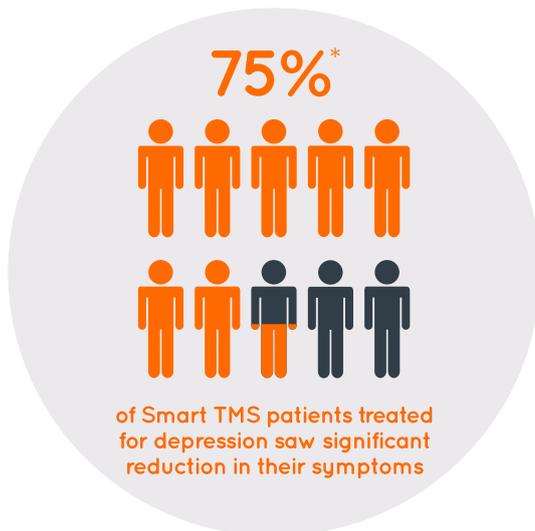
THE BEST TREATMENT FOR DEPRESSION, ADDICTION AND MENTAL HEALTH CONDITIONS
THAT YOU'VE NEVER HEARD OF

www.smarttms.co.uk | 0345 222 5678 | info@smarttms.co.uk

Who are Smart TMS?

Smart TMS is the largest provider of Transcranial Magnetic Stimulation treatment in the UK and Ireland, with an ever-growing network of clinics, all staffed by knowledgeable, experienced practitioners.

Since opening our first clinic in London in 2015, we've treated hundreds of patients who are suffering from the debilitating effects of depression, mental health conditions and addictions – and we'd love to help you, too.



An impressive 75% of the patients we've treated for depression have experienced a significant reduction in their symptoms, with 60% going into remission – meaning they're no longer clinically depressed.

Sometimes it helps to read about the experiences of people who are in the same boat as you.

You can read patient stories and watch video testimonials on our website www.smarttms.co.uk

Don't suffer in silence, call our team of friendly patient advisors on 0345 222 5678.

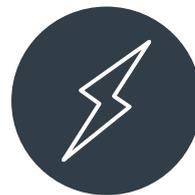
* According to Smart TMS internal data review - April 2019

TMS? What's that?

Transcranial Magnetic Stimulation - or TMS for short - is the best mental health treatment you've never heard of.

TMS stimulates the brain and causes neuroplasticity. This is the brain's ability to change, building connections between nerve cells. In the case of depression, for example, the left side of the prefrontal cortex is stimulated because this area has been shown in brain scans to be underactive. We use repetitive Transcranial Magnetic Stimulation because the repeated stimulation gradually builds these connections.

TMS only treats the brain circuits involved in your condition, rather than flooding the brain with chemicals.



	Anti-depressants	ECT	TMS
How is it administered?	Oral medication	Electrical current to induce seizure	Non-invasive magnetic fields
What are the side effects?	<ul style="list-style-type: none"> Anxiety Diarrhoea Dizziness Fatigue Headache Increased appetite Nausea Sleep problems Sexual dysfunction Weight gain¹ <p>¹Antidepressants - Side effects https://www.nhs.uk/conditions/antidepressants/side-effects/</p>	<ul style="list-style-type: none"> Confusion Headaches Intense sleepiness Jaw ache Medical complications resulting from anaesthetic Memory loss Muscle aches Nausea² <p>²ECT - Side effects https://www.mind.org.uk/information-support/drugs-and-treatments/electroconvulsive-therapy-ect/side-effects-of-ect/#.XS2xbOhKiUk</p>	<ul style="list-style-type: none"> Mild headache Mild fatigue 1 in 50,000 risk of seizure Temporary muscle twitching Scalp discomfort, Neck stiffness caused by sitting in the same position Nausea³ <p>³TMS Side effects Bermudes, R., Lanocha, K. and Janicak, P. (2018). Transcranial Magnetic Stimulation Clinical Applications for Psychiatric Practice.</p>
Is it NICE approved?	Y	Y	Y
Is it non-invasive?	Y	N	Y
How long is the recovery?	N/A	Hours/Days Approx 6 hours per session	N/A - patients can continue with their day immediately

Standard treatment for depression usually consists of talking therapy and antidepressants. If these don't work for you, some patients are offered ECT (electroconvulsive therapy). With no anaesthetic, no need for hospitalisation and no recovery time, TMS is a safe and effective alternative to ECT with fewer side-effects than medication.

The conditions we treat with TMS

TMS is approved by the National Institute for Health and Care Excellence (NICE) for the safe and effective treatment of depression. A vast majority of patients we treat here at Smart TMS – around 70% – are suffering from clinical depression, including seasonal affective disorder (SAD), perinatal depression and bipolar disorder.

Research has also shown the effectiveness of the treatment of other mental health conditions and addictions.



Is TMS right for me?

Depression and mental health conditions are treatable and Smart TMS can help.

TMS treatment is suitable for most people so, don't suffer in silence.

Call our team of friendly patient advisors on 0345 222 5678.



Where can I get treatment?

We have the largest network of private clinics across the UK and Ireland, all staffed by experienced, friendly practitioners who will guide you through every step of the treatment process.

- 1 EDINBURGH
- 2 DUBLIN
- 3 LEEDS
- 4 MANCHESTER
- 5 BIRMINGHAM
- 6 BRISTOL
- 7 LONDON
- 8 HAVANT



Frequently asked questions

Is TMS safe?

TMS is a safe procedure with over 20 years of research behind it. The National Institute for Health and Care Excellence (NICE) approved TMS as a safe and effective treatment for depression in 2015.

How long does TMS treatment take?

Depending on your prescription, TMS takes between three and six weeks. You'll have one session per day to begin with, but once comfortable with treatment, many patients can increase to two or three sessions per day, separated by a small break. Each TMS session will take 30 minutes.

Is TMS covered by private medical insurance?

Many private medical insurance companies are now covering the cost of treatment. If you have private health insurance, please get in touch with our team and we can help with booking your treatment and processing your claim.

What does TMS feel like?

You can feel a tapping sensation on your scalp which a patient recently described as feeling like a woodpecker. Your practitioner won't increase the power of the treatment until you're comfortable with the feeling of the magnetic pulses.

Am I suitable for TMS treatment?

Most people are suitable for TMS, and there are very few people the treatment isn't suitable for. Before starting treatment with Smart TMS, our advisors and clinicians will confirm that there are no reasons that you shouldn't be treated.

Can I visit my local clinic before I decide to have TMS?

Absolutely. We understand that deciding whether TMS treatment is right for you can be tough so we'd like to make the decision as easy as possible for you. All of our practitioners offer pre-arranged clinic visits to allow you to ask any questions and help familiarise you with Smart TMS. Please call us to arrange a suitable time.

If you don't have insurance – or your insurer won't cover your treatment – call our team of patient advisors on **0345 222 5678** to discuss payment options.



Smart TMS Feefo Testimonials

At the time I received treatment I was my lowest; I was affected very badly by low mood and anxiety and I needed the treatment to work but didn't have great expectations of it doing so.

The treatment itself takes a session or two to get used to but when I did, I found it very manageable. The treatment was administered by Ailish, who it has to be said was very sensitive, caring and put me at ease from the start. From the first session, my anxiety levels appeared to drop considerably or even disappear completely. My mood started to improve by the 5th or 6th session and although I experienced a drop in mood half way through. With the encouragement of Ailish, by the end of treatment, I felt better than I had in many many years.

In total, I received 30 sessions over a 3 week period (15 days). I believe TMS treated and dealt with the symptoms I had from depression and anxiety.

TMS was a life changer for me. I am certain it saved my life.

George Harold, Dublin

I can't state enough how beneficial this treatment has been. The practitioner was like a friend, chatty, friendly, everyone in the company treated me with respect and kindness, they made the experience better. And the treatment, I cannot express how it has changed my life. I recommend this treatment to everyone I know that I think it would benefit.

Gary Smith (Alias)

It was wonderful - everyone was so kind, friendly and reassuring. And the treatment has had lasting benefits over the past year.

Alison Hawdale, Manchester

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To read more patient stories, please visit
www.smarttms.co.uk/testimonials



Smart rTMS Limited

Unit 9, Cirencester Office Park, Tetbury Road, Cirencester, Gloucestershire GL7 6JJ
www.smarttms.co.uk | **0345 222 5678** | info@smarttms.co.uk