

Vanderbilt Behavioral Health

TMS Therapy Program

Patient Appointments
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VanderbiltBehavioralHealth.com



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Transcranial Magnetic Stimulation

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Vanderbilt Behavioral Health

brings the highest quality services to patients in a supportive, compassionate environment. We work with patients and their families to help them gain the tools to get back to life.

With over 14 million Americans affected by depression, there are many different approaches to manage symptoms. For those who want an alternative to medications, transcranial magnetic stimulation (TMS) might help. This state-of-the-art treatment is part of Vanderbilt's advanced neuromodulation program, dedicated to working with patients who might benefit from TMS.

WHAT IS TMS?

TMS uses a highly focused magnet to create pulses that stimulate part of the brain that is underactive in patients with depression. These pulses may work to reset this part of the brain to provide relief.

HOW IS TMS DONE?

TMS takes place in our clinic. You will sit up in a chair and a magnet is placed against your head. You are awake and can go back to your normal activities following your treatment. Each treatment lasts a little over half an hour. Most treatments are given for 5 days a week for approximately 4 to 6 weeks.

BENEFITS OF TMS

- Little or no side effects
- No anesthesia or sedation
- In office procedure

DOES TMS WORK?

Tests have shown that many patients who suffer from depression improve significantly with this treatment. You and your Vanderbilt physician will work together to see if TMS might be beneficial.