

## Is TMS for You?

If you have found antidepressants are not working for you, SmartFocus® nTMS therapy by Nexstim might be the answer. TMS has been proven safe and can be very effective, with none of the drug-related side-effects. With our SmartFocus® nTMS, every treatment is personalized to the anatomy and alertness level of your unique brain.

“ Being able to visualize the patients' brain in real-time and precisely choose the target allows the clinician to treat patients in ways never before possible. ”

**Dr. Joshua Kuluva, MD**

Piedmont Neuroscience Center, California, USA

TMS treatment in general has been proven in clinical trials to be effective in the treatment of major depressive disorder with approximately 50% of patients responding significantly to treatment and 15–37% of patients sustaining total absence of depression symptoms.

While not part of a formal clinical trial, over 430 individuals reported their outcomes after being treated with Nexstim SmartFocus® nTMS. Results showed that 76% of individuals responded to treatment and 50% achieved complete clinical remission.\*\*

Treatment with SmartFocus® nTMS will typically take place in a clinic or an office. Afterwards, you can continue your daily routine.

Talk to your doctor to find out if SmartFocus® nTMS is right for you.

\*\* Data on file at Nexstim

## Indications and Safety

### INDICATIONS FOR USE

CE mark and FDA clearance (K170902, K182700): Nexstim NBS 6 is indicated for the treatment of Major Depressive Disorder in adult patients who have failed to achieve satisfactory improvement from prior antidepressant medication in the current episode.

### NBS 6 THERAPY SHOULD NOT BE GIVEN TO

1. Patients with non-removable conductive, ferromagnetic, or other magnetic-sensitive metal anywhere in the head or within 30 cm (12 in) of the stimulation coil. Examples include cochlear implants, implanted electrodes or stimulators, aneurysm clips or coils, stents, bullet fragments, ocular implants, and stents.
2. Patients who have an active or inactive implanted device (including device leads), including deep brain stimulators, cochlear implants, cardiac pacemakers, and vagus nerve stimulators. Contraindicated use could result in serious injury or death.
3. Patients with increased intracranial pressure or patients with intracardiac lines, intravenous pumps, or dose calculators.

Failure to follow these restrictions could result in serious injury or death.

### RISKS AND SIDE EFFECTS

**Seizures (convulsions):** Cortical magnetic stimulation runs the risk of inducing seizures; although they are rare. In ordinary clinical use, the estimated risk of seizure is approximately 1 in 30,000 treatments (0.003%) or 1 in 1,000 patients (0.1%).

**Headache:** The most common side effects reported during clinical trials are mild headache (~50% of TMS treatment group) and scalp pain or discomfort (35.8%). In general, headache and pain on the stimulation site have been generally mild to moderate and occurring less frequently after the first week of treatment. The reason for headache may be the tension of scalp and neck muscles due to an uncomfortable and stressful situation.

**Muscle Twitching:** You may feel twitches in the muscles of your arm, leg or face during the magnetic stimulation.

**Skin Irritation:** There is a small risk of mild skin irritation at the location where the muscle electrode sensors have been placed.

**Changes in hearing:** The loud “click” produced by the TMS stimulator can cause temporary hearing changes following treatment. This is prevented by wearing soft foam ear plugs during treatment.

### INEFFECTIVE TREATMENT

There is no evidence that single therapy sessions would improve mood. rTMS treatment effects in reducing depression are temporary, and patients may need to continue other forms of depression therapy. Relapse into depression is likely without follow-up treatment. Notify your doctor in case of worsening depression or suicidality.



**Transcranial Magnetic Stimulation for Depression Therapy**

Smart. Focused. Drug-free.

# Demand the Most that TMS Therapy Can Offer

SmartFocus® nTMS depression therapy is a device-based treatment, personalized just for you and your brain.

Transcranial magnetic stimulation (TMS) refers to the technique of stimulating the brain, non-invasively, from outside the head using small electric fields.

To be an effective therapy in depression, TMS needs to reach a small area of the brain closely involved in emotion and mood.

Doctors know it by the name dorsolateral prefrontal cortex (DLPFC). You can't see it. In fact, no-one can unless you have a brain scan. Studies have shown that in patients with depression, metabolic activity is reduced in this part of the brain.

At Nexstim, we know it is important that TMS targets the correct location in your brain – otherwise you may not get the benefit you truly need. So, we use SmartFocus® nTMS with a highly-developed 3D brain imaging model and proven navigation tools to optimize the location. Our system personalizes the stimulation level to be precisely right for you.



# Personalizing TMS Therapy for You and Your Unique Brain



## View

Displays 3D view of your brain from MRI scan



## Measure

Personalizes the therapy to your brain state



## Target

Pinpoints the therapy target in your brain



## Treat

See the therapy on target – feel confident



## Repeat

Your vital data are saved – ready for your next session

After the one-time setup process, each treatment session ranges between 3–37 minutes approximately, depending on your treatment program. Treatment programs vary by clinic and are personalized to every patient's needs.

By choosing SmartFocus® nTMS, you will benefit from decades of our scientific research. Nexstim uniquely offers you:

- ✔ Every treatment session personalized for you and your brain
- ✔ A carefully measured and individualized dose of TMS
- ✔ TMS with the accuracy demanded by neurosurgeons
- ✔ Assurance you received your prescribed dose every time to the same location
- ✔ Unsurpassed safety and comfort

SmartFocus® nTMS provides a drug-free, non-invasive and personalized depression therapy.

[www.nexstim.com](http://www.nexstim.com)

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