

Transcranial Magnetic Stimulation (TMS)

Depression is a treatable illness

- For some people, medications are an effective treatment, but for others, depression remains a challenge.
- TMS is a treatment for severe or recurrent, treatment resistant depression. TMS is an effective and low risk non-invasive procedure.
- At the UR Medicine TMS Clinic, we provide TMS in an atmosphere that is comfortable, safe and compassionate.

How it works

TMS is a non-invasive technique that applies magnetic pulses to certain areas of the brain to stimulate brain pathways related to the treatment of depression and mood regulation.

What makes our clinic different

We take great pride in our program. Our goal is to provide effective TMS while helping you feel cared for and understood. We provide a private, safe environment for patients. Our team is dedicated, supportive, and knowledgeable, including a psychiatrist and nursing staff specializing in and participating in your treatment.

TMS is an FDA approved, non-invasive treatment that is well tolerated and widely effective.

TMS is now being covered by participating private insurances and Medicare.



Getting started with us

To become a patient at our clinic, your psychiatrist or psychiatric nurse practitioner will need to provide a referral. After that, you will be scheduled for a consultation with one of our psychiatrists to determine if you are a good candidate for treatment.

A TMS nurse will then contact you to set up your first appointment.

Please note that during your TMS treatment with us, your referring psychiatrist or psychiatric nurse practitioner will continue to manage your psychiatric medications and any after-hours concerns.

What to Expect on Treatment Day

Our nurses will perform a short assessment using three questionnaire forms to evaluate your symptoms. During the treatment, you will sit in a comfortable chair, and a magnetic coil will be positioned lightly on your head.

As the magnetic pulse is delivered, you will hear a clicking sound and feel a tapping sensation on your head. Earplugs are provided for your comfort. No sedation is required, and you can drive to and from treatment. The most common side effects are discomfort at the treatment site and mild headache following sessions.

After the session, you can return to normal activities without any restrictions. Treatment appointments are available Monday-Friday afternoons. Each session lasts 20 minutes with the actual treatment being little over 3 minutes. Typically, sessions are scheduled daily for the first 6 weeks, followed by tapering sessions making the trial extend over nine weeks.

Interventional Psychiatry Transcranial Magnetic Stimulation Therapy

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