

Testimonials from real patients who have received Magstim® TMS therapy for depression.

**WHAT'S YOUR
STORY?**



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**“[TMS Therapy] gives
me the opportunity to
actually live my life for
the first time.”**

– Rod, TMS patient

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www.magstim.com/patient



The stories in this booklet are from real patients who have received Magstim® TMS therapy for depression.*

TMS is a non-invasive procedure, performed in a doctor's office or clinic. The patient is seated in a comfortable chair and a 'coil' is placed against the patient's head. Treatment sessions last less than 45 minutes and are typically performed 5 days per week, over a six-week period.

What is TMS?

Transcranial Magnetic Stimulation (TMS) is a series of repetitive, brief and highly focused magnetic pulses, that stimulate brain cells.

In depressed patients, the electrical activity in certain areas of the brain is reduced. TMS uses a focused electromagnet to rapidly pulse a magnetic field to the targeted area. The magnetic pulses induce an electrical current in the brain, increasing brain activity to normal levels.

Magstim® TMS therapy is non-invasive, has very few side effects and is covered by the majority of insurance providers in the US.

For more information on TMS, visit: [**www.magstim.com/patients**](http://www.magstim.com/patients)

*Images used in this booklet are for illustrative purposes only and are not representations of the real patients referenced. Names of doctors, clinics and medications have been removed.

**“I never thought I would
ever be able to say these
words again, but – I AM
SO VERY HAPPY!”**

– Stacie, TMS patient



Stacie's story

For the last 15 years, because of depression, I have slowly watched my life slip away from me. Despite spending thousands of dollars and desperate attempts trying everything to recover (15+ different anti-depressants, exercise, supplements, dietary changes, meditation, yoga, self-help books, multiple doctors/therapists, etc.), every year saw me fall deeper into the abyss.

Not only did I suffer, everyone and everything around me suffered – family, friends, work, home, and church. I could not get enough sleep and I was always exhausted, irritable, worried, sad, confused, and scared. I was not able to provide for the needs of my children because of crushing fatigue, hopelessness, pain, and sadness. My marriage changed from happy to strained as my husband became my care-taker. Because of exhaustion and an inability to focus and adequately function at work, I began to receive negative performance reviews. I just was unable to be mentally present for anyone or anything.

Knowing I was desperate for help, my doctor suggested TMS. I jumped at the opportunity. TMS worked! I can't say TMS treatment gave me my life back, because the life I have now is a life I have never known. My life is full of joy, light, energy, and promise. Not only am I now able to handle work, I am easily excelling at my job. My family life is now peaceful because I am present and my family no longer has the burden of worrying about me. Instead of waking up wondering how I am going to manage to get through the day, I wake up eager to get going. Without trying to manage through a layer of worry, confusion, and exhaustion, I am able to get things done!

Until the day I die, I will be grateful and sing the praises of TMS to anyone who will listen. I thank God, [my doctor], TMS creators, and anyone else even remotely involved with this therapy for literally saving my life.

In the span of 6 weeks, I went from a suicidal, nearly bed-ridden, shell of a person to a happy, energetic, and hopeful woman. I never thought I would ever be able to say these words again, but – I AM SO VERY HAPPY!

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**“The day I began
treatment was one of
the best days of my life.”**

– Bridget, TMS patient

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Bridget's story

I had suffered with horrible depression and anxiety for most of my life. I lived in a deep dark fog. I spent years looking for help. I saw all the "right" doctors and took every medication known to man. Finally I found a doctor who gave me the right medications and talk therapy, and I felt I was doing much better. I felt like I could finally get out in the world and be among the "normal" people. I found a wonderful job, was married to an amazing man, and had a baby!

A few months after having my daughter, I decided to go back to work. Everything was going good for me. I loved my job and I made friends. Then one day, my depression came crashing back down on me with a vengeance. I immediately called my doctor and we decided the medications were not helping me. Then my doctor suggested TMS Therapy.

The day I began treatment was one of the best days of my life. Three weeks later, I was taking walks, seeing colors, hearing the birds and actually listening to them and yes, smelling the roses! All of the little things that people take for granted were giving me such peace and joy. I couldn't remember ever feeling this way. Yes, even after having my daughter! TMS therapy has given me a new lease on life and I thank God every single day that He led me to this treatment.

It has now been 3 months [at the time of writing] I have been in remission and I am still as happy as the day I finished my treatments. My family has seen the difference and I have so much fun with them, something I never thought I would do.

It was a great experience and I stand behind TMS Therapy 1000%. I'm looking forward to many years of happiness all due to TMS!

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**“I feel like a new person
and my family says that
they are glad to finally
have ‘me’ back!”**

– Kathy, TMS patient

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Tish's story

Over 20 years ago, I was diagnosed with major depression. I've tried numerous antidepressants and natural supplements to battle this issue but nothing ever gave me complete relief. I've struggled with fantasies of suicide, wishing I would contract a terminal illness to justifiably end my life of misery and using excessive sleeping as a way to escape the dreaded feelings I felt. About 10 years ago, I was diagnosed with fibromyalgia. Then, recently, I was diagnosed with chronic fatigue syndrome and trigeminal neuralgia. This was in addition to the depression!

I turned to TMS Therapy in desperation when my health seemed to be at its worst. I was severely depressed, my body hurt all over every day and I could barely function well enough each day to appear to be normal. I slept at least 16 hours a day, I stayed home and even stopped working because my brain seemed to be so fatigued that I could barely concentrate on anything. I was taking high doses of antidepressants and other medications, [pain medication] but neither seemed to be very effective.

After two weeks of treatment, I noticed that I wasn't sleeping as much. In addition, my brain seemed to be waking up and I was able to concentrate more. After three weeks of TMS, I was sleeping less during the day, becoming more involved in my family and their lives again and I noticed the absence of the negative voices in my head. Now, [at the time of writing], I can honestly say that I feel a sense of true contentment. My head feels clearer and my burdens seem lighter. In addition, I've been successful at tapering down my antidepressants to less than a fourth my original dose.

TMS Therapy has truly given me new hope! I encourage anyone who suffers with depression that hasn't been successfully treated with medication to try this protocol with the goal of relief or even remission from depression.

I look forward to experiencing my new outlook on life!

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**“They said ‘something’s
different about you.
Something’s different
about you and whatever
it is, we like it.’”**

– Desiree, TMS patient

Discover more:
www.magstim.com/patient



SHARE YOUR STORY

If you have been inspired to share your story to help others understand the benefits of TMS therapy, visit magstim.com/patients, or contact us and we will guide you through the process.

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About Magstim

Magstim® is the brains behind TMS, having pioneered the technology in the 80's. As a trusted manufacturer of TMS equipment for more than 25 years, our equipment has been used in clinical studies worldwide.

Ask your doctor about Magstim® TMS Therapy for Depression,

RE-DISCOVER THE COLOR OF LIFE

Find out more: www.magstim.com

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