

# Transcranial Magnetic Stimulation (TMS)



TOTAL  
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HEALTHCARE

## Cutting-Edge Therapy for Veteran Mental Health

Total Veteran Healthcare are proud to offer Transcranial Magnetic Stimulation (TMS) therapy, **a cutting-edge, non-invasive treatment option** for a range of **neurological and mental health conditions**.

TMS uses a magnetic coil to send targeted pulses to specific areas of the brain. These pulses stimulate nerve cells, regulating brain activity, **helping to cultivate new neural pathways**.

## The Process

TMS therapy begins with a thorough evaluation of the individual's medical history and the nature of their condition. Based on this information, our team build a **personalised treatment plan for each patient**.

Each TMS treatment typically lasts for 30-60 minutes. A complete course may include 35 sessions, spread over 4-6 weeks with maintenance as required, depending on your individual needs, with normal activities resumed post-treatment.

# Alternative Care



TMS can be used as an alternative to traditional pharmacotherapy, such as anti-depressants and anti-psychotics, or as a complementary therapy.

## TMS treatment information:

- » Non-invasive
- » Drug-free
- » Reported minimal side effects
- » May improve mood
- » Can be effective for treatment-resistant conditions



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