

Depression

Nexstim



**Smart. Focused.  
Drug-free.**

Finally, it's time to  
feel good again.

**SmartFocus<sup>®</sup>**  
TMS

# Demand the Most that TMS Therapy Can Offer

SmartFocus® TMS 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® TMS with a highly-developed 3D brain imaging model and proven navigation tools to optimize the location: without these tools the changes can't be even seen. Our system even 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.

# Is TMS for You?

If you have found antidepressants are not working for you, SmartFocus® TMS 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® TMS, every treatment is personalized to the anatomy and alertness level of your unique brain.

“ Visualization of the therapy in the brain inspires confidence in both the patient and the physician. ”

**Marja-Liisa Kemppainen, MD**

Department of Psychiatry, Oulu University Hospital, Finland

TMS 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.

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

# Indications and Safety

## INDICATIONS FOR USE

The FDA-cleared, Nexstim Navigated Brain Therapy (NBT®) System 2, is indicated for treatment of major depressive disorder in adult patients who have failed to achieve satisfactory improvement from one prior antidepressant medication at or above the minimal effective dose and duration in the current episode. Nexstim NBT System is intended to be used by trained clinical professionals.

## NBT 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.

By choosing SmartFocus® TMS,  
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® TMS  
TMS is a drug-free, non-  
invasive and personalized  
depression therapy.

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

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