



TMS

INFORMATION SHEET

WHAT IS TMS THERAPY?

Transcranial magnetic stimulation is a procedure that uses a magnetic field to influence brain activity. It can treat depression, obsessive compulsive disorder and other brain related conditions. A machine uses targeted magnetic pulses to stimulate the prefrontal cortex region of the brain, which is underactive in patients suffering from depression. It is a non-invasive procedure.

WHO IS IT FOR?

TMS may help the following conditions:

- Depression
- Obsessive Compulsive Disorder
- Anxiety
- Post Traumatic Stress Disorder
- Schizophrenia

COMMON SIDE EFFECTS

Side effects are generally mild to moderate and improve shortly after a session.

- Scalp discomfort and pain
- Headache
- Tingling, spasms or twitching of facial muscles
- Lightheadedness

HOW DOES IT WORK?

A TMS device, often coil-shaped and positioned near the person's head, generates a magnetic field comparable to that of an MRI machine. This field penetrates the skull targeting the brain's prefrontal cortex, a key area in mood regulation generally underactive in depression. The magnetic field subsequently induces small electric currents in the target brain cells. This stimulation increases cell activity supporting symptom alleviation.

HOW OFTEN IS IT REQUIRED?

You'll need the procedure 5 days a week, for about 4 to 6 weeks. The exact length of your treatment depends on your response and specific condition



TMS

PROVIDER REFERRALS

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SUCCESS TMS

Phone: 609-279-1339

Address: 11 Tamarack Circle, Skillman, NJ 08558

Insurance status: Accepts insurance

Website: <https://www.tmsprinceton.com/>

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DAVID SIKOWITZ, THE TMS CENTER

Phone: 732-740-7675

Address: 55 North Gilbert St, Suite 2203, Tinton Falls, NJ 07701

Insurance status: Accepts insurance

Website: <https://www.thetmscenterofnj.com/>

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BRIGHT HARBOR

Phone: 732-349-5550

Address: 712 East Bay Ave. Suite 21C, Manahawkin, NJ 08050

Insurance status: Accepts insurance

Website: <https://brightharbor.org/>

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TMS CENTER OF PRINCETON

Phone: 609-279-1339

Address: 11 Tamarack Circle, Skillman, NJ 08558

Insurance status: Accepts insurance

Website: <https://www.tmsprinceton.com/>

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CAPITAL HEALTH

Phone: 609-689-5725

Address: 100 K Johnson Blvd N Suite 201, Bordentown, NJ 08505

Insurance status: Accepts insurance

Website: <https://www.capitalhealth.org>

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BRICK PSYCHIATRIC SERVICES

Phone: 732-202-0622

Address: Brielle Hills Office Complex 2640 HWY-70, Building 12, Suite 201, Manasquan, NJ 08736

Insurance status: Accepts insurance

Website: <https://www.brickpsych.com/>