



## Why Knoxville Neurocare?

With TMS Therapy, there is hope for relief from depression even after multiple medications have failed to help you.

Discover firsthand how **Knoxville Neurocare Therapy** is using the world's most advanced treatment techniques to improve the lives of our patients. With our expertise and proven results, let us help you take charge of your life.

Using unique personalized treatment approaches, we don't just provide symptom improvement; we can get most patients truly well.

We can help you get back to the real you.

### Experience Matters.

Board-certified psychiatrists, **Dr. Kris Houser** and **Dr. Kelly Ownby** bring 30+ years of experience in clinical depression and lead the Knoxville Neurocare Therapy team.

Dr. Houser completed his residency in Psychiatry and a fellowship in Child and Adolescent Psychiatry at the University of Louisville School of Medicine, where he also earned his medical degree.

Leading as Chief Resident, Dr. Ownby completed her residency in Psychiatry at James H. Quillen College of Medicine at East Tennessee State University, where she also earned her medical degree.



"We are committed to providing you personalized care and treatment options to get you back to your best self."

- Kelly Ownby, MD  
& Kris Houser, MD  
Medical Directors

## Proven Results.

Our entire clinical staff is certified in TMS administration, undergoing extensive training and maintaining continued education to deliver the highest-level quality patient care.

Knoxville Neurocare is part of the latest network of clinics in the state of Tennessee providing this specialized care. Collectively, this network has treated 600+ patients and has administered 20,000+ TMS treatments.



"Throughout my life, I have suffered from deep depression. When I learned about TMS, I realized there was another tool instead of medication. After TMS, I realized there was an accumulating sense of well-being, and that was something I've never experienced before, I was happy! TMS made all the difference in the world."

- SCHATZIE BRUNNER  
Former CNN Anchor,  
Patient Advocate

**neurocare Centers of America** is part of an international network of centers of excellence dedicated to helping patients suffering from neuropsychiatric illnesses that have not been helped by traditional medication management.

**neurocare Centers of America** has partnered with two of east Tennessee's premier psychiatric services providers to provide this state-of-the-art depression care for patients who are not helped by, intolerant, or contraindicated to psychotropic medications.



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**CLINIC LOCATION**

KNOXVILLE

## What is TMS Therapy?

TMS or Transcranial Magnetic Stimulation is an advanced technique that uses MRI-strength magnetic energy to target the brain regions that regulate a person's mood. This approach to treating depression allows our staff of experts to improve the function of these areas, which in turn relieves depression.

### Unique features of TMS Therapy include:

- **Non-invasive** (does not involve any surgery, anesthesia or sedation), which is important as it facilitates a treatment that is very safe<sup>1</sup>
- **Non-systemic** (does not travel through the bloodstream like medication), which allows the therapy to be focused on the regions of the brain that need help
- **The patient is awake and alert** during treatment, enabling patients to easily and independently come and go to treatment sessions. TMS Therapy can be provided in a convenient outpatient setting.



"I've battled depression for over 30 years until I discovered TMS, which has saved my life. After TMS, the emotional nausea was gone. I felt lifted out of that heavy, dark, hopeless feeling. Today, I feel clear, centered, light and happy."

- MARTHA RHODES  
Author and Patient Advocate

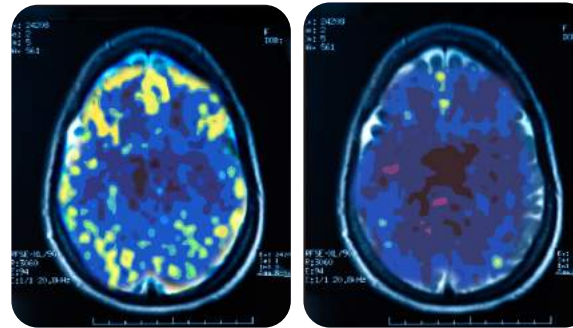


"I was in a constant state of misery. Drugs would work for a little bit, then wear off again. My depression was a real thing, but I didn't think there was anything I could do about it. With TMS, you have to think of it as an investment. An investment in getting the rest of your life back."

- ROBERT RODGER  
Patient Advocate

## How Does It Work?

### Brain Activity: Healthy vs Depressed<sup>5</sup>



Healthy Brain Scan

Depressed Brain Scan

TMS has a unique way of working when compared to all other treatments for depression. TMS works by stimulating areas of the brain involved in mood regulation that are under active in a person with depression. The MRI-strength magnetic field facilitates neurons to fire releasing chemicals (neurotransmitters). These are the same neurotransmitters that are provided artificially through antidepressant medications.

Also, TMS helps functional connectivity of the brain, so circuits that fire together, wire together. This stimulation results in those areas of the brain returning to a more normal, functional state. TMS Therapy provides superior symptom relief and a sustainable benefit for most individuals even after multiple ineffective attempts with medications.<sup>2,3,4</sup>



## TMS Therapy Facts

- **Safe:** No adverse effects on memory or cognition
- **Comfortable:** No need for anesthesia or sedation
- **Outpatient:** Treatments performed in our professional office setting and patients can return to their daily activities post treatment
- **Insurance:** Most private insurance and Medicare cover TMS Therapy\*
- **Natural:** Your brain is activated to release the needed chemicals necessary for proper mood regulation.

## Is It Right for You?

Place a check if you answer "yes" to any of the following questions:

- Are you taking medication(s) to treat your mood disorder?
- Are you still struggling with your mood disorder despite medication trials?
- Are you experiencing side effects from your medication(s)?
- Have you ever switched medications more than once due to side effects?
- Is your mood disorder interfering with your ability to function as you would like in relationships, at work, home and/or school?

If you checked two or more of the above questions, TMS Therapy might be right for you. Contact us to discover how TMS Therapy could change your life for the better.

(1) A staff member will discuss the risks of TMS Therapy during the consultation before starting treatment.

(2, 3, 4) Carpenter et al, 2012, Dunner et al, 2013, Arms et al, 2012.

(5) Mark George, MD, Biological Psychiatry Branch Division of Intramural Research Programs, NIMH 1993.

\*Our staff will verify if you have coverage before starting treatment.