

Safety and Eligibility

The most common effects are temporary headache or scalp, facial, or jaw discomfort, especially early in treatment. A seizure is a rare but serious potential risk. Tell the treatment team about:

- A seizure history, brain injury, or another condition that may increase seizure risk
- Certain metal near the head or implanted electronic devices
- Medication or dose changes, new health conditions, severe sleep loss, or changes in alcohol or substance use
- Worsening depression, unusual behavior, cognitive or mobility changes, or urgent safety concerns

Does insurance cover dTMS?

In Florida, Medicare and most major commercial plans cover TMS for qualifying major depressive disorder. Medical-necessity documentation and prior authorization are typically required. We verify benefits, explain expected costs, and guide authorization before treatment. In Puerto Rico, we verify Medicare and private-plan coverage individually.



Individual results and coverage vary. A clinical evaluation is required.



How long do results last?

Benefits may continue for months or longer, but duration varies. Follow-up care may include medication or psychotherapy adjustments, continuation or maintenance sessions, or another TMS course if symptoms return. Contact the team early if depressive symptoms begin to return.

QUESTIONS?

We are here to help.

Our team can review treatment fit, scheduling, and next steps.



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Deep Transcranial Magnetic Stimulation for Older Adults

For Major Depressive Disorder



FDA-cleared for adults



Non-invasive



Well tolerated



Medicare and insurance coverage



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When Initial Treatment Is Not Enough

Depression is not a normal part of aging. Medical conditions, chronic pain, mobility changes, loss, and changes in independence can make recovery more complex. If you or an older adult you care about continues to struggle despite medication or therapy, it does not mean anyone has failed.

Deep transcranial magnetic stimulation (dTMS) is a non-invasive, office-based treatment for adults with major depressive disorder whose symptoms have not improved enough with antidepressant medication. BioMental Clinic brings more than 20 years of psychiatric experience and nearly a decade of caring for people with treatment-resistant conditions.

What Would Feeling Better Look Like in Daily Life?

Recovery is more than a symptom score. Together, we identify meaningful goals such as:

- Starting the day with more energy and consistency
- Reconnecting with people, interests, community, and a sense of purpose
- Thinking more clearly when reading, planning, or making decisions
- Managing self-care, appointments, and daily responsibilities more independently

What Is dTMS?

Deep transcranial magnetic stimulation, or dTMS, is a non-invasive treatment that delivers magnetic pulses through a cushioned helmet. For depression, the pulses stimulate the left dorsolateral prefrontal cortex and connected brain networks involved in mood regulation.

The BrainsWay depression protocol is FDA-cleared for depressive episodes in adults with major depressive disorder whose symptoms have not improved enough with antidepressant medication during the current episode. dTMS may be part of a broader plan that includes medication, psychotherapy, and other appropriate treatments.

Treatment Without Downtime

Treatment does not require anesthesia, sedation, surgery, hospitalization, or a recovery period. Patients remain awake and seated, and most can return to driving and other usual activities afterward when clinically appropriate.

Because dTMS does not circulate through the body like medication, it is not generally associated with systemic medication effects such as weight gain or sexual side effects. Temporary discomfort at the treatment site can occur.

Is dTMS an Option for Me?

dTMS may be worth discussing when significant depression symptoms continue despite treatment. An evaluation reviews diagnosis, symptoms, medications and supplements, neurologic and medical history, seizure risk, alcohol or substance use, implanted devices, mobility, cognitive changes, support needs, and treatment goals.

- Antidepressant medication has not provided enough relief
- Medication side effects have been difficult to tolerate
- Psychotherapy has helped, but significant symptoms continue

What to Expect During Treatment



The first treatment visit is longer and includes head measurements and motor-threshold mapping. This establishes the helmet position and personalizes the stimulation level.



Later sessions are scheduled on weekdays during the initial treatment phase, followed by taper or continuation visits when recommended.



Progress is measured throughout treatment using symptom scales, treatment tolerability, and the daily-life goals identified at the beginning of care.

At a Glance



10-20
Minutes per
session



4-6
Weeks of
weekday visits



36-44
Common total
sessions

Evidence in Older Adults



Open-label dTMS data from 247 patients ages 60-91 reported 79.4% response and 60.3% remission after 30 sessions; there was no sham group. A 2024 analysis of five randomized studies involving 507 adults found 45% response and 38% remission with active dTMS, compared with 24% and 14% with sham treatment. The study populations and methods differed, and individual results vary.

Understanding Results



Response means symptoms decreased by at least 50%. Remission means symptoms became minimal on a standardized depression scale. Sources: Lan et al. (2024); Tendler et al. (2023).