



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | SUMMER 2018

TMS Arrives

Magnetic Therapy for Depression

This summer we'll begin offering a new therapy for depression.

Transcranial Magnetic Stimulation (TMS) uses magnetic energy to activate the mood center in the brain. It can work when antidepressants have not and is better tolerated than most medications. TMS improves mood gradually over several weeks. The full treatment involves five 20-minute sessions each week.

During each session, a round magnet is placed over the head and positioned so that it only affects the mood center.

People are fully conscious during the treatment and hear a clicking sound as the magnet is activated.

We use the latest device, *Deep TMS*, which provides fuller activation of the brain's mood center than the older *Neurostar* models.

TMS has been used successfully since the 1990's and is FDA approved for depression. It works in both bipolar and regular depression. Studies are underway in OCD, PTSD, addictions, and autism. The results look promising, but will require modifications to the technology so that different brain areas can be targeted.

The main side effects are headache, lightheadedness, and jaw tension.

TMS is covered by most insurance plans so that the cost of each session is usually equal to your copay (unless you have a deductible). We offer TMS at our Polo Road location in Winston-Salem.

Request TMS through:
moodtreatmentcenter.com/tmscontact



Dark Nights Brighten Mood

Sleeping in a pitch dark bedroom can prevent depression. That's the conclusion of a new study that measured light levels in 863 older adults over 5 years. Those who slept in pitch darkness were twice as likely to stay free of depression.

That may sound surprising, but it makes a lot of sense in light of animal research. By carefully controlling exposure to light in mice, researchers have concluded that evening light changes neurohormones in ways that cause depression.

What's even more surprising is how much light it took to cause those changes. Even trace amounts of light, like the type that seeps in from under a door, can worsen mood.

Treatment Breakthroughs

You can expect a full recovery from mood and anxiety problems. Below are the latest breakthroughs:

Medication and Devices

TMS for depression and bipolar depression.

Vortioxetine (Trintellix) improves cognitive functioning and mental processing speed in depression.

Memantine for bipolar with alcoholism.

Minocycline improves functioning in schizophrenia.

Natural

Probiotics prevent new episodes in bipolar disorder and improve anxiety, depression, and memory.

Melatonin improves sleep after a traumatic brain injury.

Saffron extract treats post-partum depression.

Therapy

Mindfulness therapy improves concentration in ADHD.



TMS uses magnets to treat depression. It can work when antidepressants have not and is better tolerated than most medications.

We've been recommending pitch dark bedrooms for people with bipolar disorder for years, but their role in depression is a new finding.

Equally important is morning light. Lightboxes and dawn simulators have been used since the 1980's to treat depression, and they work as well as medication. It makes sense, considering that humankind rose with the sun and slept in the dark for eons before electric lighting.

If you can't sleep the dark, there are special amber bulbs that won't affect the brain. Find them at LowBlueLights.com or look for these products on Amazon:

- Maxxima LED night light
- GoodNight light bulb
- SCS Nite-Lite bulb
- SCS Sleep Ready light bulb

Learn more about the latest technologies to darken your bedroom and brighten your mornings at:

moodtreatmentcenter.com/darkbedroom.pdf

An Antidepressant Lifestyle

Antidepressants don't treat depression on their own. They light a spark in the brain, but the right conditions need to be in place for that spark to catch on. We have a good idea of what those conditions are, from social supports to exercise, and are constantly learning about new ones like probiotics and the Mediterranean diet. Read about what you can do to make your medication work better at: moodtreatmentcenter.com/lifestyle

Coming Soon...

We plan to open a new location on Country Club Road this fall:



Country Club Road in Winston-Salem
104 Cambridge Plaza Drive

New Providers

Laurie Arena, PMH-NP completed her master's degree at Boston College and a fellowship at the Harvard affiliated Cambridge Health Alliance. She brings a unique background that has broadened her view of health. She is trained as a yoga instructor, holds a masters degree in social work, and a bachelors degree in music and psychology (Greensboro office).

Mahala Motzny, LPC, LCAS graduated from UNC-Greensboro's top rated counseling program and has over 16 years experience as a therapist. She works with anxiety and mood disorders and has specialized training in therapy for addictions, grief, and trauma. Among the therapeutic approaches she uses include Cognitive Behavioral Therapy, Mindfulness, and EMDR (Clemmons office).

Melissa Reed, LCSW-A, LCAS-A provides therapy for anxiety, depression, bipolar, trauma, and addictions. She completed her graduate degree in social work at UNC-Wilmington. Before becoming a therapist, she worked as an archeologist in the islands of Greece (Greensboro Office).

Carolyn Rifkin, LCAS-A, LPC completed her masters at UNC-Greensboro's top-rated counseling program. She went on to receive additional training in specialized therapies for addiction as well as anxiety and trauma, including EMDR and Brainspotting. She is currently finishing up her training to become a Registered Yoga Teacher (Greensboro office).

John Thacker, LCAS, LPC brings over 20 years of experience in mental health. He works with all ages and provides Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), therapy for addictions, and family therapy. In addition to being a therapist, John has a master's degree in Rehabilitation Counseling, which focuses on helping people return to work (Winston-Salem at Polo Rd).