DEPRESSION, ONE OF THE MOST COMMON MENTAL ILLNESSES, AFFECTS MORE THAN 16 MILLION AMERICANS EACH YEAR.

NOW, RESEARCHERS AT THE UNIVERSITY OF MISSOURI ARE HELPING THOSE SUFFERING FROM DEPRESSION FIND RELIEF THROUGH A NON-INVASIVE TREATMENT OPTION THAT USES MAGNETS.

MU HEALTH CARE PSYCHIATRIST MUAID ITHMAN RUNS THE TRANSCRANIAL MAGNETIC STIMULATION, OR TMS, PROGRAM. THE TREATMENT USES A COIL TO DELIVER POWERFUL MAGNETIC PULSES TO THE PART OF THE BRAIN ASSOCIATED WITH MOOD.

“These pulses will stimulate neurotransmitters which are the chemical signals which will improve the communication between different regions of the brain that are responsible for mood regulation, and over time this will improve the symptoms of depression.”

TMS CAN BE AN EFFECTIVE TREATMENT OPTION FOR THOSE WHO HAVE NOT BENEFITTED FROM ANTIDEPRESSANT MEDICATIONS.

“Basically 50, 60 percent of people who suffer from treatment-resistant depression will see a clinically meaningful response to TMS, and one third of these people will go into remission, which means that their symptoms will completely go away.”

I’M CAILIN RILEY, WITH A MIZZOU SPOTLIGHT ON SCIENCE.