



# RTMS (Repetitive Transcranial Magnetic Stimulation) could be used as a First Line Treatment for Depression



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## Opinion

rTMS is considered as a non-invasive treatment option for depression. rTMS (repetitive transcranial magnetic stimulation) is a non-invasive medical therapy that uses recurrent transcranial magnetic stimulation to treat depression (FDA approved) and other neuropsychiatric disorders.

rTMS is a brain stimulation technique based on the production of short magnetic fields using an insulated coil placed over the scalp. These magnetic fields are of the same type as those used in magnetic resonance imaging (MRI) imaging. Magnetic pulses produce a weak electrical current in the brain that activates neuronal circuits. This treatment has been shown to be a safe and well tolerated procedure that can be effective in patients with depression or other neuropsychiatric disorders.

Since the above approval of rTMS for depression by the FDA and NICE UK [1], and it is been considered as an effective and safe treatment for depression there is a possibility to be provided as a first line treatment for depression and there is not an apparent reason not to [2]. Also, studies suggest that can have a use in OCD[3] obsessive-compulsive disorder, auditory hallucinations in schizophrenia[4], PTSD[5], stroke[6], migraines[7] and dementia[8] and perhaps in more neuropsychiatric disorders [9].

Also, the recommendation could be that rTMS could be used as a first line treatment in patients with depression as it presents with less side effects as if it's to be compared to medications or ECT [10].

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