

Depressed? **NOT ME!**

Depression has many faces, one FDA-approved, non-invasive, medication-free treatment

By Diana Dunne

Most of you probably think that, if you suffered from depression, you would know it. But that's not always the case. It's true that depression might feel like sadness, or maybe cause you to cry a lot, or make you feel...well...depressed. However, depression doesn't always look or feel like a dark mood. Just ask Melba.

"I had experienced depression in the past, and I thought I knew what it felt like," Melba says. "In 1976 I had a complete breakdown. I was suicidal. But I came out of it, and I learned that life is a series of ups and downs. You have to learn to go with the flow."

Those are good lessons that Melba took away from her experience in a mental hospital and in the group therapy meetings she attended over 30 years ago. "I was doing very well. I even went without medications for over 20 years," she says. "I was busy getting on with my life." But life was handing Melba one challenge after another.

The Husbands

Melba and her first husband were dealing with his five back surgeries. "It got to the point where he was just so depressed. He was living his life through me, and tagging along with me everywhere I went," she says. Their relationship continued to deteriorate, and finally ended in divorce in 1996.

In 1999, Melba remarried a nice man. All seemed to be going smoothly until she discovered her new husband's addiction to spending. "I was trusting, and took a chance on him, but I shouldn't have," she says. Melba tried to fix the problem, securing loans to pay his



Caption

mounting debts. She believed in him and his promises to change; yet he continually deceived her until they finally divorced in 2011.

"I was knee-deep in debt, but determined to pay what was owed and get on with my life," she says. Nearly 70 years old, Melba took a job as a night cashier at a steakhouse.

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The Move

Melba paid back her ex-husband's debts, but she was lonely. "My daughter Kim lives in Pasadena, and she really wanted me to come and live with her. So I decided in favor of it and hoped it would be a good move," she says. Melba sold her home and started the process of downsizing so she could live in her daughter's small house. "I sold and gave away most of my things, packed up what I wanted to keep, and left for Pasadena."

Melba looked forward to leaving the drama of

her past behind and getting acclimated to her new surroundings. “When I got here I decided to take things slow and to relax,” she says. Slow turned into slower, and Melba’s life was at a standstill. “I was just sitting and watching TV constantly.”

The Health Score

Last September, Melba noticed a polyp in her left breast. She sought medical attention and the doctor recommended a biopsy. “The results showed that it wasn’t anything,” she says. “But that didn’t sit well with me and I sought a second opinion.” Her new doctor knew exactly what the growth was, and advised that the atypical cells would eventually turn into breast cancer. The polyp was promptly removed. Melba was relieved, but still couldn’t seem to get motivated. “I just felt like laying around. And I started eating all the time, and gaining weight. But I figured that I’d been through a lot, and I needed a slower pace.”

Melba’s daughter saw things differently. Kim had had her own experiences with depression, and recognized that her mother was not well, and probably dealing with depression—even though she denied it. Kim was a patient of Dr. Ahmed’s and insisted that her mother visit Dr. Ahmed at The Psyclinic. “I thought I was simply adjusting to everything going on in my life,” Melba says. “But I eventually realized that I did

need to see someone. Kim spoke so highly of Dr. Ahmed, so I called and made an appointment.”

The Solution

Dr. Ahmed took one look at Melba, and asked if she’d ever experienced depression. “I nearly fell out of the chair and

thought, *I’m not depressed. I know what depression feels like!* I never said much, he just knew. He’s a very smart man. And so gentle and polite,” Melba says. Dr. Ahmed and Melba decided she needed something to get her out of depression. He suggested TMS Therapy®—an FDA-approved, non-invasive outpatient procedure that uses a pulsed magnetic field, similar in type and strength to the MRI machine. She was a prime candidate for the treatment, which has already helped many of Dr. Ahmed’s patients with depression.

“At first I was skeptical. I thought, *How could this*



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He completed his residency in General Psychiatry and a Fellowship in Child and Adolescent Psychiatry

at UTMB in Galveston. He is Dual Board Certified in both Adult and Child Psychiatry. Dr. Ahmed is a distinguished Laughlin Fellow and has been the recipient of several prestigious awards including the Robert B. White and an international medical graduate fellowship award. Dr. Ahmed was voted “Best Psychiatrist” in Baytown by the *Baytown Sun*. He has over 15 years of experience in psychiatry and clinical research.

treatment possibly work?” Melba says. Yet she’d been on medications in the past, and did not want to deal with their side effects. She watched the TMS Therapy DVD and gave the treatment some thought. “I decided to try it.”

Melba started her treatments in December, one week before Christmas. She began to feel better. “I wanted to be social. I started painting again. My energy returned. And I’ve decided to do some volunteer work, and am thinking of becoming a mentor in the school district.” Melba has also lost weight, and says she feels alive again.

Looking back on old photos, Melba sees that she never smiled. Her face was expressionless. Today she is happy, smiling, and living a full life again. “TMS is phenomenal. You cannot get to this machine fast enough if you’ve ever suffered from depression,” she says. “I don’t thoroughly understand how it works. But it worked on me.”

To learn more about TMS Therapy for depression visit www.ThePsyclinic.com. If you are a Medicare patient, your TMS Therapy treatments are eligible reimbursement. ●



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