

Escaping from the Abyss

Jan has spent her career around sadness and depression. Jan is a hospice nurse, and before that worked as an R.N. in a hospital emergency room and as a flight nurse. Though her patients were near death and dying, Jan always kept a smile on her face and lifted the spirits of those around her.

"I never understood when patients came in and they were depressed," Jan says. "I thought, *well, everybody has bad things happen. Just pick yourself up and dust yourself off and keep going.*" Then depression hit Jan...hard. She lost her beloved mother, and every

time she lost a hospice patient she relived her mother's death.

"It was extremely painful and I became very depressed. I realized you just cannot kick this on your own," she admits. "It was such a deep, dark, black hole. I felt trapped with no hope of getting out. I named it the abyss."

To feel better, Jan says she was prescribed different types of medicines and they would help for a little

while. "Then I'd get depressed again. I lived in the abyss from 2004 to 2012. Then I visited Dr. Ahmed."

Her primary care physician recommended Dr. Ahmed to Jan. "I love Dr. Ahmed," Jan says. "From the first day I met him, I felt this man could help me. I went in with so many symptoms; I could not get out of bed. I was at my worst point, the deepest part of the abyss. He promised me and had faith that I would get better."

At about that same time, Dr. Ahmed had added a new FDA-approved non-drug treatment for depression—NeuroStar TMS Therapy®—to his Webster clinic. He recognized that Jan would be a candidate for TMS. "Dr. Ahmed gave me information on NeuroStar TMS. I took it

Jan named the NeuroStar TMS Therapy treatment machine "Woody." "It acts like Woody the Woodpecker. You get little pulses on your head for 4 seconds, then a 20 second pause. These go into the emotion center in your brain. It's like putting a key in your car and turning it on. Electro-magnetic energy travels to the emotion center of your brain and turns it on. The serotonin starts flowing."



home and researched it and prayed about it. I knew I had to have this."

Jan was Dr. Ahmed's first patient to utilize TMS. Her mental health began to improve immediately. "I like to play bubble games on my phone, and one day I was playing and I noticed how clear and bright the colors had become," she says. "I realized the abyss was gone! I wasn't heavy or dark; feeling like an elephant was lying on my chest. I started to bounce around like Tigger! I felt truly happy."

She finished her treatments in early June this year. People began asking Jan what was different about her. "They would ask if I colored my hair, things like that," she says. "They knew I was different, but couldn't quite put their finger on it."

Since she's beaten depression, Jan's lost 20 pounds and is back at doing what she loves, including writing Christian women's literature. She also writes a blog, "Giggles," on her sister's website SherryCarter.com).

"Stuff still happens in life, but now I can deal with it," Jan says. "The abyss is gone and will never come back. I believe God created this machine for me and for others like me who do not need to suffer with depression."

For information about TMS, a breakthrough non-drug treatment for patients with depression, visit www.psychclinic.com or call The PsyClinic today at 281.837.6463.

See video of Jan during TMS treatment at www.ChangeMediaOnline.com.

What is TMS Therapy?

TMS (transcranial magnetic stimulation) Therapy for the treatment of depression is an FDA-approved non-invasive, outpatient procedure that uses a pulsed magnetic field, similar in type and strength to those produced by a magnetic resonance imaging (MRI) machine.

Who Can TMS Help?

- People whose antidepressant medications are not working to provide full relief from symptoms.
- People who experience side effects from medications, which may include:
 - Weight gain
 - Dry mouth
 - Sexual dysfunction
 - Confused thinking
- Pregnant or nursing women
- Persons taking non-mental health medications that conflict with antidepressants



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